5 Keto BREAD RECIPES

THAT TASTE BETTER THAN STORE BOUGHT BREAD



CLAUDIA J. CALDWELL

Almond Flour Keto Bread

INGREDIENTS

- 1 1/4 Cups Almond Flour
- 1 Scoop Unflavored Whey Protein Powder … or 15g Coconut Flour
- 1 Tbsp Confectioners Erythritol
- 2 Tsps Baking Powder
- 1/4 Tsp Cream of Tartar
- Pinch of salt
- 6 Tbsps Melted Butter
- 12 Egg whites
- 1 Egg Yolk

INSTRUCTIONS

1. Pre-heat your oven to 325 Degrees Fahrenheit.
2. Add all of the dry ingredients – except the cream of tartar to a large bowl.
3. Whisk until well combined, and set the bowl aside.
4. In another large bowl add 12 room temperature egg whites, and the cream of tartar
5. Use a hand mixer and beat the eggs until stiff peaks form.
6. Now add one of the yolks to the dry ingredient bowl, and the melted butter, and mix until combined, and incorporated.
7. Add half of the whipped whites to the bowl, and fold gently with a spatular.
8. Add in the other half of the whipped whites, and combine.
9. Line a 8.5in by 4.5in bread pan with parchment paper, and coat it with baking spray.
10. Add the batter to the loaf pan, and work the batter from the sides to the middle of the loaf, so that it rises properly.
11. Bake at 325 Degrees for 40 minutes, after that cover with tin foil, and continue cooking for another 50 minutes.
12. Let the keto bread cool completely in the loaf pan – preferably overnight.
13. Cut into 16 slices and enjoy!

NUTRITIONAL FACTS PER SERVING (16 servings)

107 Calories

5.75g Protein

0.5g Carbs

8.5g Fat

Chia Seeds Keto Bread

INGREDIENTS

- 4 eggs
- 1/4 cup almond milk or water
- 1/2 teaspoon salt
- 1 cup almond flour
- 1/4 cup melted butter
- 2 teaspoons baking soda
- 1/2 cup chia seeds (this is optional)

INSTRUCTIONS

1. Add everything into a bowl and stir well until you got an even mass.
2. Pour everything into a baking tin which is laid out with baking sheets.
3. Bake at 350°F for 30 minutes or until golden brown. Have an eye on it!

NUTRITIONAL FACTS PER SERVING (12 servings)

148 Calories

5.0g Protein

2.0g Carbs

12g Fat

Coconut Flour Bread

INGREDIENTS

- 6 organic eggs, at room temperature
- 1/2 cup coconut oil, melted and cooled
- 3/4 cup coconut flour
- 2 tablespoons arrowroot powder
- 1/2 teaspoon sea salt
- 1 teaspoon baking powder

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Use a medium bowl, mix eggs, coconut oil and honey.
3. Mix until all the wet ingredients are combined.
4. Add coconut flour, arrowroot powder, baking powder and salt to the wet mixture and mix until the batter is lump free.
5. Allow the batter to sit for 5 minutes.
6. Scoop batter into a greased bread pan (I used a medium bread pan, 7 3/8" x 3 5/8" x 2").
7. Bake bread until the top is golden brown and a toothpick inserted into the middle comes out clean, about 35-40 minutes.

NUTRITIONAL FACTS PER SERVING (16 servings)

158 Calories

4.8g Protein

6.0g Carbs

11g Fat

No-Eggs Keto Bread

INGREDIENTS

DRY INGREDIENTS

- 2 1/2 cup blanched almond flour not almond meal
- 1/2 cup coconut flour
- 1/3 cup flaxmeal
- 40g ground psyllium husk
- 1 tablespoon baking powder
- Pinch of salt

WET INGREDIENTS

- 30 ml olive oil (2 tablespoons)
- 10 ml apple cider vinegar (1 teaspoon) 1/3 cup + 2 tablespoon
- 480 ml lukewarm water - thick bath temperature, 40C (2 cups)

INSTRUCTIONS

1. Preheat oven to 200C (400F). Line a loaf pan 9 inches x 5 inches with a piece of parchment paper. Slightly oil the paper to make sure the bread don't stick to the pan. Set aside.
2. In a large mixing bowl, add all the dry ingredients, whisk to combine.
3. Add the liquid ingredients, order doesn't matter. Combine with a spatula or spoon then use your hand to knead the dough for about 1-2 minutes The batter is very moist at first, getting dryer as you go. After 2 minutes, it should come together easily to form a dough. If not, too sticky, add more husk, 1/2 teaspoon at a time, knead for 30 sec and see how it goes. The dough will always be a bit moist, but it shouldn't stick to your hands at all. If so, the bread will be too moist when baked.
4. Set aside 10 minutes to let the fiber fully absorb the liquid.
5. Shape the dough as you want your bread to look like when baked. I mean you want a lovely round bun on top of your loaf so shape a cylinder of dough that match the length of the pan, but DO NOT press/ flatten the top of your loaf or you will end up with a more dense/tight crumb. Keep the top round shape, it is what will create a bread loaf that is soft and light with holes in the crumb.
6. Slightly rub your hand with water and massage the surface of the bread to remove any holes and create a smooth surface.
7. Bake for 50-55 minutes in the center of the oven, fan-bake mode is the best.
8. After 50 minutes, prick the center of the loaf with a skewer to test. If it comes out clean, it is cooked. If not, it means the bread is still wet inside, cover the loaf pan

with a piece of foil, reduce heat to 180C (375F), and keep baking for 20-30 minutes until cooked in the middle.

9. Lift the bread out of the pan using the parchment paper.
10. Fully cool down on a rack before slicing - at least 3 hours for best result.
11. Slice into 16 slices. Store in the fridge up to 5 days or freeze up to 3 months, in airtight containers.

NUTRITIONAL FACTS PER SERVING (16 servings)

138 Calories

5.0g Protein

6.9g Carbs

10.1g Fat

Carb Free Bread with Flaxseed

INGREDIENTS

- 2 cups flax seed
- 5 egg whites
- 2 whole eggs
- 5 tbsp. flax oil, coconut oil, or olive oil
- 1 tbsp. baking powder
- 1 teas. salt
- 1/2 cup water
- 3 packets Stevia

INSTRUCTIONS

1. Preheat oven to 350
2. Add all ingredients to a blender or mixer.
3. Mix and add to a lightly greased bread pan.
4. Bake at 350 for 30 minutes.
5. Remove from pan. Slice and serve.

NUTRITIONAL FACTS PER SERVING (16 servings)

149 Calories

5.0g Protein

2.0g Carbs

9.9g Fat

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