

Psyllium-Free Low-Carb Bread

Hands-on 10 minutes Overall 30-40 minutes



Nutritional values (per bun): Total carbs: 8.1 g, Fiber: 5 g, **Net carbs: 3.1 g**, Protein: 11.6 g,
Fat: 12.6 g, Calories: 189 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 12 buns)

Dry ingredients:

- 1/2 cup ground [sesame seeds](#) (50 g / 1.8 oz)
- 1/2 packed cup [flax meal](#) (75 g / 2.6 oz)
- 1 cup [almond flour](#) (100 g / 3.5 oz)
- 1/2 cup unflavoured whey protein *or* egg white protein powder ([Jay Robb](#)) *or* plant-based such as [NuZest](#) (50 g / 1.8 oz)
- 1 cup [coconut flour](#) (original recipe asks for 3/4 cup + more if needed) (120 g / 4.2 oz)
- 1 tbsp minced garlic *or* 1 tsp [garlic powder](#)
- 1 tbsp dried oregano
- 1 tsp [cream of tartar](#)
- 2 tsp [baking soda](#)
- 1 tbsp [Erythritol](#) *or* [Xylitol](#) ([Erythritol](#) has less carbs) (10 g / 0.4 oz)
- 1 tsp salt (I used [pink Himalayan](#))

Wet ingredients:

- 6 large egg whites
- 2 large eggs
- 1 tbsp [extra virgin coconut oil](#)
- 2 cups hot water

***Make sure you use kitchen scale** for measuring all the dry ingredients. Using just cups may not be enough to achieve best results, especially in baked goods. Weights per cups and tablespoons may vary depending on the product/ brand or if you make your own ingredients (like [flaxmeal](#) from [flaxseeds](#)).*

Instructions

1. Preheat the oven to 180 °C/ 350 °F. Place the sesame seeds into a blender and pulse until powdered.
2. Put all dry ingredients **with exception of the coconut flour**. Place the flaxmeal, almond flour, protein powder, garlic powder, ...

3. ... dried oregano, cream of tartar, ...
4. ... baking soda, Erythritol and salt. Mix the dry ingredients until well combined.
5. Put the eggs, egg whites and coconut oil in another bowl and mix well with a whisker.
6. Add the egg mix and hot water to the dry ingredients and mix well. Or you can [use a mixer](#).
7. Slowly add the coconut flour until you get a dense consistency - not liquid and also not too dry – similar to [Martina's Keto Bun batter](#). If the mix is too moist add more coconut flour.
8. Using a large spoon, create the buns by placing the batter on a baking tray, at least 2 cm apart. Sprinkle with seeds of your choice (I have used sesame seeds & poppy seeds).
9. Bake in the oven for 20 to 30 min at 180 °C/ 350 °F or until the buns are golden brown. Enjoy!

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