

Psyllium-Free Low-Carb Bread

Hands-on 10 minutes Overall 30-40 minutes

Nutritional values (per serving, 1 bun): Total carbs: 8.1 g, Fiber: 5 g, **Net carbs: 3.1 g**,

Protein: 11.6 g, Fat: 12.6 g, Calories: 190 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](#) (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](#) (10 g/ 0.4 oz)
- 1 tsp sea salt

Wet ingredients:

- 6 large egg whites
- 2 large eggs
- 1 tbsp [extra virgin coconut oil](#) (15 ml)
- 2 cups hot water (480 ml/ 16 fl oz)

Instructions

- Preheat the oven to 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional). Place the sesame seeds into a blender and pulse until powdered.
- Put all dry ingredients, with exception of the coconut flour, into a bowl or in a stand mixer and mix to combine.
- Put the eggs, egg whites and coconut oil in another bowl and beat well with a whisk.
- Add the egg mix and hot water to the dry ingredients and process until combined.
- Slowly add the coconut flour until you get a dense consistency - not liquid and also not too dry. Start with 3/4 cup of coconut flour. If the mix is too moist, add more coconut flour (I used 1 cup).
- Using a large spoon, form the buns by placing the batter on a baking tray, at least 2 cm (1 inch) apart. Sprinkle with seeds of your choice (I have used sesame seeds & poppy seeds).
- Bake in the oven for 20 to 30 min at 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional) or until the buns are golden brown.
- Serve just like bread or burger buns. To store, cover loosely with a kitchen towel and keep at room temperature for up to 2 days. Fresh buns taste best so I prefer freezing anything I won't eat in one day. Freeze for up to 3 months.

About Di

I'm Portuguese and I was born and raised eating bread. I'm 50, so that's a lot of years of eating bread, sometimes with every meal! That's why one of the most difficult things for me, when dieting, is giving up bread. I confess that I followed more than one diet until I fell in love with the Ketogenic diet. I always managed to come up with a bread recipe to satisfy my cravings and Keto is no exception.

I don't like the consistency and excessive "moisture" that psyllium husks give to bread so this recipe does not include any. The buns are less moist and they dry and toast better than when using psyllium. The crust is amazingly crispy and the color is also beautiful, a golden brown that invites you to take a bite as soon as they come out of the oven!

I based my bread on [Martina's Keto Bun recipe](#) but played round with the ingredients aiming for a different texture and taste. I'm quite happy with the outcome and was delighted when Martina invited me to guest post for her blog. Thank you Martina for the amazing opportunity - I hope you all like my recipe!

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