

Ultimate Keto Buns

Hands-on 10-15 minutes Overall 55-60 minutes

Nutritional values (per bun): Total carbs: 12.4 g, Fiber: 8.1 g, **Net carbs: 4.2 g**,

Protein: 10.1 g, Fat: 15.2 g, Calories: 208 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 10 buns)

Dry ingredients:

- 1 1/2 cup almond flour (almond meal) (150 g/ 5.3 oz)
- 2/3 cup psyllium husks - will be powdered, or 1/3 cup psyllium husk powder (40 g/ 1.4 oz)
- 1/2 cup coconut flour (60 g/ 2.1 oz)
- 1/2 packed cup flax meal (75 g/ 2.6 oz)
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp cream of tartar or apple cider vinegar
- 1 tsp baking soda
- 1 tsp pink Himalayan or sea salt
- 5 tbsp sesame seeds (or sunflower, flax, poppy seeds) or 1-2 tbsp caraway seeds
- Optional:* 1-2 tbsp Erythritol or Swerve

Wet ingredients:

- 6 large egg whites
- 2 large eggs
- 2 cups water, boiling or lukewarm depending on the method - see intro (480 ml/ 16 fl oz)

Instructions

1. Preheat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). Use a kitchen scale to measure all the ingredients and add them to a mixing bowl (apart from the sesame seeds which are used for topping): almond flour, coconut flour, flax meal, psyllium husk powder, garlic powder, onion powder, cream of tartar, baking soda, salt (and optionally, Erythritol).
2. Do not use whole psyllium husks - if you cannot find psyllium husk powder, use a blender or coffee grinder and process until fine. If you get already prepared psyllium husk powder, remember to

weigh it before adding to the recipe. I used whole psyllium husks which I powdered myself. Do not use just measure cups - different products have different weights per cup!

3. Mix all the dry ingredients.
4. Add the egg whites and eggs.
5. Process well using a mixer until the dough is thick.
6. Add boiling water.
7. Process until well combined.
8. Using a spoon, make the buns (about 110 g/ 3.9 oz each) and place them on a non-stick baking tray or a parchment paper. They will grow in size, so make sure to leave some space between them. You can even use small tart trays.
9. Top each of the buns with sesame seeds (or any other seeds) and press them into the dough, so they don't fall out. Place in the oven and cook for 45-50 minutes.
10. Remove from the oven, let the tray cool down and place the buns on a rack to cool down to room temperature. Store them at room temperature if you plan to use them in the next couple of days or store in the freezer for future use.
11. Top with butter or cream cheese, burger meat or any topping you like. Enjoy!
12. Meal prep tip: To save time, mix all the dry ingredients ahead and store in a zip-lock bag and add a label with the number of servings. When ready to be baked, just add the wet ingredients!

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