

Fluffy Grain-Free Sunflower Bread

Hands-on 15 minutes Overall 1 hour 15 minutes

Nutritional values (per serving, 1 slice): Total carbs: 8 g, Fiber: 6.4 g, **Net carbs: 1.6 g,**

Protein: 4.8 g, Fat: 10.8 g, Calories: 126 kcal,

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



Ingredients (makes 1 loaf, 10-12 slices)

Wet ingredients:

- 4 large eggs, separated
- 2 large egg whites (reserve 2 egg yolks for another recipe)
- 2 tbsp toasted sesame oil (30 ml/ 1 fl oz)
- 2 tbsp ghee, melted (28 g/ 1 oz)
- 1/2 cup lukewarm water (120 ml/ 4 fl oz)

Note for eggs: you will need 4 egg yolks and 6 egg whites in total

Dry ingredients:

- 2/3 cup psyllium husk powder (80 g/ 2.8 oz) - *always go by weight*
- 1/4 packed cup flax meal (40 g/ 1.4 oz) - *always go by weight*
- 1 tsp baking soda
- 1 tbsp caraway seeds
- 1 tsp salt
- 2 tsp cream of tartar or 2 tsp of lemon juice or 2 tsp apple cider vinegar
- 1/2 cup sunflower seeds (70 g/ 2.5 oz)

Instructions

1. Preheat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). For a recipe of 10-12 servings, line a large loaf pan (7 x 4.5 inch / 12 x 18 cm) with baking paper. Separate the egg yolks from the egg whites. Place the egg whites (6 egg whites in total) in a bowl and keep for later. Mix the egg yolks (4 egg yolks in total - reserve 2 for another recipe) with the toasted sesame oil and melted ghee or butter. Pour the water into the egg yolk mixture and mix well.
2. Beat the egg whites until they create soft - but not stiff - peaks. Add the cream of tartar while beating. Adding cream of tartar directly to the egg whites will help them stay fluffy.
3. In a separate bowl, mix the flax meal, psyllium husk powder, baking

soda, caraway seeds and salt.

4. Using an electric mixer, add the egg yolk mixture to the bowl with the dry ingredients and process well. **Immediately** after you pour in the egg yolk mixture, add a quarter of the soft whipped egg whites to lighten up while mixing. Then add the remaining egg whites and slowly mix in. Note: If you wait for too long the dough will clump up. You don't need to be too gentle while stirring but try not to deflate the egg whites completely.)
5. Add the sunflower seeds and fold them in the dough. Fill the loaf pan with the dough and transfer into the oven. Bake for about an hour.
6. When done, remove from the oven. If you used a regular loaf pan with baking paper, remove from the loaf pan grabbing it by the baking paper. Be careful not to get burnt. This will help avoid too much moisture on the outsides of the loaf.
7. Let it cool down on a cooling tray for at least 15-20 minutes. Try toasting it and eat with grass-fed butter, cream cheese or homemade sugar-free jam. Keep at room temperature covered with a kitchen towel for up to 3 days or place in a zip-lock bag and freeze for longer. Apart from Sunflower bread, make sure you also check out my other low-carb bread recipes on my blog and in my Apps and Cookbook!

Troubleshooting

The colour will vary based on ingredients. This is a photo I took for the KetoDiet Cookbook and it looks slightly different than the loaf I made week ago. Depending on the ingredients and sometimes even brands, the colour of your bread will either be light or dark brown (e.g. brown flax vs golden flax). If the bread turns out purple, it's due to the psyllium husk powder. Whenever I use Now Foods psyllium powder, the bread is always perfect, light brown. I sometimes use whole psyllium husks which I "powder" myself in a food processor.

Make sure you follow the recipe step by step. A small change

can result in lumpy texture or dough that is too moist. For example, if you don't add the water into the egg yolks but separately after you mix in the egg yolks, the texture gets lumpy and rubbery. Over-processing the dough can also result in lumpy/rubbery texture.

Also, **make sure you use a 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 (e.g. flax meal from flaxseeds).

If your bread turns out vibrant green don't panic. Sunflower seeds contain chlorogenic acid, an antioxidant that gives the seeds the ability of turning green under certain conditions. When chlorogenic acid mixes with alkaline baking ingredients such as baking soda, it turns green. Chlorogenic acid may also slow the release of glucose into the bloodstream after a meal. The reason why this bread turned green is that I didn't use cream of tartar to neutralise the effect of the baking soda. To avoid the green effect in recipes that use baking soda and sunflower seeds or butter, add an ingredient to counteract the alkalinity of the dough. For every teaspoon of baking soda, add two teaspoons of cream of tartar, 1-2 tablespoons of vinegar or a squeeze of lemon juice.

The green colour can be very useful for when you want to use natural food colouring for events like [Halloween](#), [Easter](#) or [St. Patrick's Day](#) ;-)

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