

Keto Crostini Bread Crisps

Hands-on 20 minutes Overall 2 hours

Nutritional values (per serving, 6-7 slices): Total carbs: 3.4 g, Fiber: 2.4 g, **Net carbs: 1.1 g**,

Protein: 3 g, Fat: 9.2 g, Calories: 103 kcal,

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



Ingredients (makes 8 servings)

2 Homemade [Keto Baguettes](#) (200 g/ 7.1 oz)

3 tbsp [extra virgin olive oil](#) (45 ml)

sea salt, to serve

Optional: 1 tsp garlic powder, onion powder and/or dried herbs of choice

Instructions

1. Preheat oven to 170 °C/ 340 °F (conventional), or 150 °C/ 300 °F (fan assisted).
2. [Make the keto bread](#) according to directions, rolling into 8 long and thin baguettes. You will only need 2 baguettes so you can freeze the remaining 6 baguettes for future use, or store at room temperature for up to 3 days.
3. Once baked, allow to cool at least 15 minutes, then slice the baguette into thin slices, approximately no more than 1/2 cm (1/4 inch).
4. Combine the olive oil (plus optionally add 1 tsp garlic powder, onion powder and/or dried herbs of choice).
5. Arrange the crisps on a single sheet so that they aren't overlapping (you may need to use more than one tray) and brush with the oil. Sprinkle with salt.
6. Bake 15 minutes until starting to brown, then flip them over.
7. Once browned on the other side (another 10-15 or so minutes), turn the oven off and allow the crostini to cool down in the oven (do not open the door while cooling!)
8. Serve with dips of choice, check out more tips in the post above. Store in an airtight container at room temperature for up to a week.

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