

Healthy Keto French Toast

Hands-on 10 minutes Overall 10 minutes

Nutritional values (per serving): Total carbs: 4.2 g, Fiber: 0.9 g, **Net carbs: 3.3 g,**

Protein: 32.7 g, Fat: 47.5 g, Calories: 546 kcal,

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



Ingredients (makes 4 servings)

8 slices [Keto & Primal Soul Bread](#), each about 1/2 inch (1 cm) thick

2 large eggs

1 tbsp heavy whipping cream

1 tbsp water

1 tbsp [powdered Erythritol](#) or [Swerve](#) or [Sukrin Gold](#) + more for dusting (*you can skip is using sugar-free syrup topping*)

1 tsp [cinnamon](#) + more for dusting

1/8 tsp nutmeg

pinch salt (I like [pink Himalayan](#))

2 tbsp [ghee](#) or [coconut oil](#)

Optional: serve with [sugar-free maple syrup](#) or [low-sugar maple syrup](#)

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Instructions

1. Place the the eggs, cream, water, Erythritol, cinnamon, nutmeg and salt in a bowl. Whisk using a fork.
2. Grease a pan with a tablespoon of ghee. Heat over a medium-high heat. Dip 2 slices of [Soul Bread](#), one at a time, in the egg mixture and place in the hot pan.
3. Cook each slice briefly for 30-40 seconds on each side, until lightly browned. Repeat for the remaining slices.
4. Place 2 slices per serving on a plate. Dust with some cinnamon and powdered Erythritol. Optionally, top each serving with 1-2 teaspoons of [Homemade Sugar-free Maple Syrup](#). Enjoy immediately or store in the fridge in an airtight container for up to 5 days or in the freezer for up to 3 months. Reheat before serving as needed.

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