

Keto Olive & Herb Focaccia

Hands-on 10 minutes Overall 25 minutes

Nutritional values (per serving): Total carbs: 4.8 g, Fiber: 3 g, **Net carbs: 1.8 g**, Protein: 6.6 g,
Fat: 10.9 g, Calories: 144 kcal,

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



Ingredients (makes 6 servings)

Focaccia:

- 4 large eggs
- 2 heaped tbsp plain whole milk yogurt (50 g/ 1.8 oz) - *see note for paleo*
- 1/3 cup + 1 tbsp [coconut flour](#) (50 g/ 1.8 oz)
- 2 1/2 tbsp [whole psyllium husks](#) (10 g/ 0.4 oz)
- 1/2 tsp salt
- 1 tsp [gluten-free baking powder](#)

Toppings:

- 1/4 cup sliced kalamata olives (36 g/ 1.3 oz)
- 2 tbsp minced herbs (rosemary, sage, thyme, etc)
- 2 tbsp [extra virgin olive oil](#) (30 ml)
- pinch of salt

Note: For dairy-free, try plain coconut yogurt, or try [coconut cream](#) mixed with 1 teaspoon of lemon juice.

Instructions

1. Preheat oven to 190 °C/ 375 °F (conventional), or 170 °C/ 340 °F (fan assisted) and line a baking sheet with parchment paper.
2. In a large bowl whisk together the eggs and yogurt. Stir in the dry ingredients until a thick ball of dough forms.
3. Transfer the dough to the baking sheet and form into a rectangle about 1/2-inch (2 cm) thick.
4. Add the herbs, a pinch of salt, and the olive oil to a small pot and place over low heat just until the herbs become fragrant.
5. Top the dough with the olives and drizzle the olive oil over the top.
6. Bake for 15 minutes then slice to serve. Store at room temperature for up to 3 days.

More great content on [KetoDietApp.com](#)

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)