

Low-Carb & Paleo Bread - The Ultimate Guide

Hands-on 15 minutes Overall 1 hour 25 minutes

Nutritional values (per slice, Recipe 1): Total carbs: 8.1 g, Fiber: 5.4 g, **Net carbs: 2.7 g**,

Protein: 8.8 g, Fat: 9.1 g, Calories: 136 kcal,

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



Ingredients (makes 1 loaf, 12-14 slices)

Recipe 1 (Multi-purpose, flax-free bread):

Wet ingredients:

6 large egg whites

2 large eggs

2 cups water, boiling (480 ml / 16 fl oz)

Dry ingredients:

1 1/2 cup almond flour (150 g / 5.3 oz)

1/3 cup psyllium husk powder (40 g / 1.4 oz)

1/2 cup coconut flour (60 g / 2.1 oz)

3/4 cup sesame seed flour (60 g / 2.1 oz)

1 tbsp gluten-free baking powder (2 1/4 tsp if using homemade baking powder)

1/2 - 1 tsp salt (pink Himalayan or sea salt)

Recipe 2 (Multi-purpose, flax-free and nut-free bread):

Wet ingredients:

8 large egg whites

2 large eggs

2 cups water, boiling (480 ml / 16 fl oz)

Dry ingredients:

1 cup coconut flour (120 g / 4.2 oz)

1 1/2 cups sesame seed flour (120 g / 4.2 oz)

1/3 cup psyllium husk powder (40 g / 1.4 oz)

1 tbsp gluten-free baking powder (2 1/4 tsp if using homemade baking powder)

1/2 - 1 tsp salt (pink Himalayan or sea salt)

Other Recipes:

you can use the Ultimate Keto Bun recipe - it's without sesame flour, includes flaxmeal and almond flour. If making a loaf, bake for 75 minutes. It's my personal favourite because it tastes amazing and I've had the best results with this dough.

or Nut-free Bread based on *Nut-free Keto Bun* recipe - includes flaxmeal. If making a loaf, bake for 75 minutes!

or Psyllium-free Bread based on *Di's Psyllium-free Keto Bun* recipe - includes flaxmeal and nuts. If making a loaf, bake for 75 minutes!

if you need to make it *coconut-free*, use more sesame seed flour instead of coconut flour. In my experience, sesame seed flour has similar high-absorbent properties as coconut flour. If you use almond flour or flax meal instead, you will need to reduce the amount of liquids used in this recipe. I haven't tried it but I'd use 2-3 less eggs/ egg whites and 1/4 - 1/2 cups less water.

Instructions

1. Preheat the oven to 175 °C/ 350 °F. Line a loaf pan with parchment paper: Simply cut two strips of paper - one should be the width of the sides and one the width of the ends. Make both strips long enough so that they hang over the edges and then place them in a loaf pan. The strips of parchment will be used to lift the bread from the pan. You can make the paper stick to the pan by lightly greasing the pan with ghee. I used a 20 x 12 cm / 8 x 5 inch loaf pan. Place the whole eggs and the egg whites into a bowl and mix using a fork. Set aside for later. *The reason you shouldn't use only whole eggs is that the buns wouldn't rise with so many egg yolks in. Don't waste the egg yolks - use them for making Home-made Mayo, Easy Hollandaise Sauce, Frozen Fat Bomb, Smoothies, Keto Coffee or Lemon Curd.*
2. Place all the dry ingredients in a bowl and mix well. Make sure the dry ingredients are well combined to avoid uneven results. Add the egg mixture and process well using a mixer until the

dough is thick. Add boiling water and process until well combined.
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 grinded myself. Do not use just measure cups - different products have different weights per cup!

3. Place the dough into a loaf pan lined with parchment paper.
4. Place in the oven and bake for 1 hour and 15 minutes (or up to 90 minutes). When done, remove from the oven and place on a cooling rack. Grab the sides of the parchment paper and place the bread on the cooling rack to avoid the bread from becoming moist on the sides.
5. Once the bread cools down, cut into 12 slices. Keep as many slices as you need for the next 2-3 days. Place the remaining slices in batches of two in freezer bags and freeze for up to 3 months. When ready to be served, simply let the slices defrost or place in a toaster, oven or on a hot pan to crisp up. Top with butter, cream cheese, sliced ham and cheese or home-made ham. Try Strawberry & Rhubarb Jam or Dark Cherry Chia Jam! Enjoy!

Troubleshooting

In a nutshell, keep the following tips in mind:

Weight all dry ingredients: Make sure you weigh all the dry ingredients using a kitchen scale. Even small differences can affect the final result of this recipe, especially in case of psyllium and flax meal!

Psyllium notes: Make sure you use psyllium husk powder, NOT whole psyllium husks. Whole psyllium husks are great for making Grain-free Tortillas but not bread! Also, psyllium absorbs lots of water. When baking with psyllium, you must remember to drink enough water throughout the day to prevent constipation!

Moisture issues: If the final result is too moist inside, do not reduce the water used in this recipe or the psyllium will clump. Instead, toast the slices before eating.

Do not leave the dough out for too long: Once you mix in the wet ingredients, make sure to place the dough in the oven as soon as you can. The mixture is activated with baking powder once you add liquid ingredients and if you leave the dough out for too long, it will not rise.

Other raising issues: If the bread doesn't rise properly, use only egg

whites and omit the egg yolks (I never needed to do this).

Sesame seed meal instead of sesame flour. If you use ground sesame seeds instead of sesame seed flour, you will have to reduce the water needed by ~ 1/4 - 1/2 cup in the 2nd recipe. I use a food processor to make sesame seed meal or you can use a coffee grinder.

DO NOT USE a silicon loaf pan! As I discovered by accident, the bread will not rise properly and the dough will be dense and unappetising! You need to use a firm pan like this one.

Hollow tops / air bubble. Firstly, make sure you use *baking powder* - not baking soda! If you use a mixture of cream of tartar and baking soda, use 3/4 tsp baking soda and 1 1/2 tsp cream of tartar for every tablespoon of gluten-free baking powder.

Secondly, if you over process a dough that contains psyllium, you will end up with a hollow top and dense bottom part. Process the dough until well combined - this should take just a few seconds. If for any reason the loaf doesn't raise evenly, make the bun shapes instead (see tips below) - they always come out great! Best results will be achieved with this dough: Ultimate Keto Buns

Purple bread. 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. The loaf on the right side has been over processed.

Baking paper stuck to the bread. This will happen if you use the nut-free version that includes sesame seed flour. You can remove the paper after you let the bread cool down. If it's still difficult to peel without breaking the bread, use a piece of wet kitchen towel to pat on the paper where it's stuck. Then peel off.

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