

Mushroom & Thyme Keto Bruschetta

Hands-on 15 minutes Overall 35 minutes

Nutritional values (per serving, 1 bruschetta): Total carbs: 4.4 g, Fiber: 1.4 g, **Net carbs: 3 g,**

Protein: 8.6 g, Fat: 10.1 g, Calories: 144 kcal,

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



Ingredients (makes 8 slices of bruschetta)

Bread:

1 3/4 cups low moisture grated mozzarella cheese (200 g/ 7.1 oz)

1/3 cup + 1 tbsp [coconut flour](#) (50 g/ 1.8 oz)

1 tsp [gluten-free baking powder](#)

1 large egg

pinch of sea salt salt and black pepper

1 tbsp butter *or* [ghee](#) for frying (15 ml)

Toppings:

200 g button mushrooms, thinly sliced (7.1 oz)

1 garlic clove, minced

fresh thyme, to taste

1 tbsp butter *or* [ghee](#) (15 ml)

1 tbsp heavy whipping cream (15 ml)

pinch of sea salt salt and black pepper

each side until golden, set aside.

7. Slice mushrooms and sauté in butter, garlic and fresh thyme until softened and cooked through.
8. Add cream, allow the sauce to reduce and coat mushrooms. Season to taste. Serve toast topped with sliced mushrooms and a sprinkle of fresh thyme. You can keep the mushroom topping in a separate container in the fridge for up to 4 days. The bread is freezer-friendly and will keep in the freezer for up to 3 months.

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Instructions

1. Preheat oven to 160 °C/ 320 °F (fan assisted), or 180 °C/ 355 °F (conventional). Line a baking tray with parchment paper and set aside.
2. Place grated cheese in a microwave safe bowl, heat in 30 second bursts until melted. Stirring in between each burst of heat.
3. Remove melted cheese from the bowl, place into a food processor along with the remaining pastry ingredients. Pulse until pastry forms a smooth dough.
4. Remove from the food processor and gently roll together to form a thick sausage shape.
5. Bake in the oven for 15-20 minutes. Remove and allow to cool completely.
6. When cold, slice diagonally into 8 even slices. Lightly fry in butter