

Nut-Free Keto Buns

Hands-on 10-15 minutes Overall 1 hour 15 minutes

Nutritional values (per serving, bun): Total carbs: 12.7 g, Fiber: 9.2 g, **Net carbs: 3.5 g**,

Protein: 12.3 g, Fat: 10.6 g, Calories: 180 kcal,

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



Ingredients (makes 10 buns)

Dry ingredients:

- 1 1/4 cup fine [defatted sesame seed flour](#) (100 g/ 3.5 oz)
- 2/3 cup [flaxmeal](#) (100 g/ 3.5 oz)
- 2/3 cup [coconut flour](#) (80 g/ 2.8 oz)
- 1/3 packed cup [psyllium husk powder](#) (40 g/ 1.4 oz)
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp [cream of tartar](#) or apple cider vinegar
- 1 tsp [baking soda](#)
- 1 tsp sea salt
- 5 tbsp [sesame seeds](#) (or sunflower, flax, poppy seeds) or 1-2 tbsp caraway seeds for topping

Wet ingredients:

- 6 large egg whites
- 2 large eggs
- 2 1/4 cups water (540 ml/ 18 fl oz), boiling or lukewarm depending on the method (*see intro for more details and troubleshooting*)

Instructions

1. Preheat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). Use a kitchen scale to measure all the ingredients carefully. I used defatted sesame seed flour but you can try sesame seed meal instead and use less water (see tips above for more info). To make sesame seed meal, I just blend the seeds until powdered (just like I do with flax seeds to make flax meal).
2. Mix all the dry ingredients apart from the seeds for the topping in a bowl: sesame flour, coconut flour, flax meal and psyllium powder.
3. Add baking soda, cream of tartar and garlic powder.
4. Add onion powder and salt.

5. Add the egg whites and eggs.
6. Process well using a stand mixer or a hand mixer until the dough is thick.
7. Immediately add boiling water and mix until well combined.
8. Using a spoon or hands, form the buns (about 115 g/ 4 oz each) and place them on a non-stick baking tray or a parchment paper. They will grow in size as they bake, so make sure to leave some space between them. Top each of the buns with sesame seeds (or any other seeds) and press them into the dough, so they don't fall out.
9. Place in the oven and cook for 55-60 minutes. Remove from the oven, let the tray cool down and place the buns on a rack to cool down to room temperature. Store them at room temperature if you plan to use them in the next couple of days or in the freezer for future use.
10. Top with butter or cream cheese, [burger meat](#) and [meat-free toppings](#). To save time, mix all the dry ingredients ahead and store in a zip-lock bag and add a label with the number of servings. When ready to be baked, just add the wet ingredients!

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