

Parmesan & Tomato Keto Bread Buns

Hands-on 10-15 minutes Overall 55-60 minutes

Nutritional values (per serving, 1 large bun): Total carbs: 13.2 g, Fiber: 8.3 g,

Net carbs: 4.9 g, Protein: 14.5 g, Fat: 18.9 g, Calories: 261 kcal,

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



Ingredients (makes 5 buns)

Dry ingredients:

- 3/4 cup almond flour (75 g/ 2.7 oz)
- 2 1/2 tbsp psyllium husk powder (20 g/ 0.7 oz)
- 1/4 cup coconut flour (30 g/ 1.1 oz)
- 1/4 cup packed cup flax meal (38 g/ 1.3 oz)
- 1 tsp cream of tartar or apple cider vinegar
- 1/2 tsp baking soda
- 2/3 cup grated Parmesan cheese or other Italian hard cheese (60 g/ 2.1 oz)
- 1/3 cup chopped sun-dried tomatoes (37 g/ 1.3 oz)
- 1/4 - 1/2 tsp pink sea salt
- 2 tbsp sesame seeds (18 g/ 0.6 oz) - or use 2 tbsp sunflower, flax, poppy seeds, or 1 tbsp caraway seeds

Wet ingredients:

- 3 large egg whites
- 1 large egg
- 1 cups boiling water (240 ml/ 8 fl oz)

Note: You Can make 5 regular/large buns as per recipe, or up to 10 small buns.

Instructions

- Preheat the oven to 175 °C/ 350 °F (fan assisted). Use a kitchen scale to measure all the ingredients and add them to a mixing bowl (apart from the sesame seeds which are used for topping): almond flour, coconut flour, flax meal, psyllium husk powder, cream of tartar, baking soda, salt, parmesan cheese and sun dried tomatoes. Mix all the dry ingredients together.
- Add the egg whites and eggs and process well using a mixer until the dough is thick. *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*

them - use them for making Home-made Mayo, Easy Hollandaise Sauce or Lemon Curd.

- Add boiling water and process until well combined.
- Using a spoon, divide the keto buns mix into 5 and roll into buns using your hands. Place them on a non-stick baking tray or on parchment paper. They will grow in size, so make sure to leave some space between them. You can even use small tart trays.
- Top each of the buns with sesame seeds (or any other seeds) and gently press them into the dough, so they don't fall out. Place in the oven and cook for about 45 - 50 minutes until golden on top.
- Remove from the oven, let the tray cool down and place the buns on a rack to cool to room temperature.
- Enjoy just like you would regular bread — with butter, ham or cheese! Store in a tupperware for 2-3 days or freeze for up to 3 months.

Allergy-free Tips & Suggestions

If for any reason you can't get this recipe to work, here are some tips that might help.

If making a loaf instead of buns, bake for 75 minutes. Do not use a silicon loaf pan - use a metallic one instead.

Allergy-friendly options: flax-free, multi-purpose bread (includes a nut-free option), nut-free keto buns (includes flaxmeal), psyllium-free buns (include flaxmeal and nuts).

If you don't want to use coconut flour: Although I haven't tried it, I'd use twice the amount of almond flour or flaxmeal instead of coconut flour (1 cup of almond flour / flaxmeal instead of 1/2 cup coconut flour). Or you can use the same amount but reduce the water by ~ 1/2 cup

For best results, *use a kitchen scale* when measuring all the dry ingredients. Using just cups may not be enough to achieve best results, especially in baked goods. Weights per cups and

tablespoons may vary depending on the product/ brand or if you make you own ingredients (like flaxmeal from flaxseeds). Psyllium absorbs lots of water.

Cream of tartar and baking soda act as *leavening agents*. This is how it works: To get 2 teaspoons of gluten-free baking powder, you need 1/2 a teaspoon of baking soda and 1 teaspoon of cream of tartar. If you don't have cream of tartar, instead you can use apple cider vinegar.

When baking with psyllium, you must remember to *drink enough water* throughout the day to prevent constipation!

I've had best results with *psyllium husks that I powder myself*.

Store-bought ready-made psyllium powder may result in dense buns.

If the final result is too moist, *do not reduce the water* used in this recipe or the psyllium will clump. Instead, dry the buns in the oven on low, up to 100 °C/ 210 °F for 30-60 minutes. If needed, cut them in half and place in a toaster.

Do not leave the batter outside the oven for too long. Place in the oven as soon as you form the buns.

For more tips on how to bake the perfect keto bread, check out the [troubleshooting in this recipe](#).

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