

Pesto Pull-Apart Low Carb Bread

Hands-on 20 minutes Overall 1 hour 10 minutes

Nutritional values (per bun): Total carbs: 10.4 g, Fiber: 6.7 g, **Net carbs: 3.6 g**, Protein: 10 g,
Fat: 19 g, Calories: 236 kcal,

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



Ingredients (makes 12 servings)

Keto Bread:

- 1 recipe [Sourdough Keto Baguettes](#)
- 2/3 cup Basil & Arugula Pesto, [any other pesto](#) (170 g/ 6 oz)
- 1/2 cup grated Parmesan (45 g/ 1.6 oz)

Basil & Arugula Pesto:

- 1/2 cup [walnuts](#) or [pecans](#) (50 g/ 1.8 oz)
- 1 bunch fresh basil (28 g/ 1 oz)
- 2 cups arugula (20 g/ 0.7 oz)
- 4 cloves garlic, sliced
- 2 tsp lemon zest
- 1 tbsp lemon juice (15 ml)
- 1/4 cup [extra virgin olive oil](#)
- sea salt and pepper, to taste

Tips & substitutions:

Lukewarm water in this recipe will slow down the raising effect of [baking soda](#). I tried both boiling water and lukewarm and although it made no difference for baguettes, some people have been experiencing air bubbles / hollow insides when making a loaf. [More tips on the perfect loaf](#) are listed [here](#).

For a paleo, dairy-free option, try [this coconut milk kefir](#) recipe instead of the buttermilk: Use half of the [coconut milk kefir](#) and half water. Alternatively, you can use the dough for [Ultimate Keto Buns](#) or [Nut-Free Keto Buns](#) (both recipes are dairy-free).

Make sure you use a [kitchen scale](#) for 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 your own ingredients (like [flaxmeal](#) from [flaxseeds](#)). Psyllium absorbs lots of water. When baking with psyllium, you must remember to drink enough water throughout the day to prevent

constipation!

You can use [any other pesto recipes](#), including dairy-free and nut-free options.

Instructions

1. Preheat the oven to 170 °C/ 325 °F (conventional oven), or 150 °C/ 300 °F (fan assisted oven).
2. To make pesto, place all of the ingredients except olive oil in a food processor. Blend until smooth. You'll need just 2/3 cup of the pesto (or use more or less to taste). Any leftover pesto can be stored in the fridge and used in zucchini noodles and other keto recipes.
3. Prepare the [bread dough](#) by following [this recipe](#). Form the dough into rolls (I made 12) but you could easily make 9 bigger ones if you prefer.
4. Spoon roughly 1 tbsp of pesto into the centre of each bread roll and work it into the dough with your hands. Roll back into balls.
5. Grease an oven proof skillet with a little coconut oil or butter to prevent sticking.
6. Arrange the rolls in a circular pattern to roughly cover the base of the pan. They will expand on cooking.
7. Sprinkle with Parmesan. I didn't include the Parmesan in the pesto as I wanted more on top.
8. Bake for 50 to 60 minutes or until golden and cooked through. When done, remove from the oven and let the bread cool down for 5 minutes. To prevent the bread from getting moist transfer from the skillet to a cooling rack. Tastes best when served warm. Once cooled can be stored in the fridge for up to 3 days, or freeze for up to 3 months.

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