

Savory Keto Veggie Loaf

Hands-on 15 minutes Overall 70-85 minutes

Nutritional values (per serving): Total carbs: 6.8 g, Fiber: 3 g, **Net carbs: 3.8 g**, Protein: 6.7 g,

Fat: 14.6 g, Calories: 175 kcal,

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



Ingredients (makes 12 slices)

- 1 cup [almond flour](#) (100 g/ 3.5 oz)
- 1/2 cup mixed seeds (65 g/ 2.3 oz) (*I used pumpkin, [flax seeds](#), sunflower, sesame*)
- 1/3 cup [coconut flour](#) (40 g/ 1.4 oz)
- 2 tbsp [psyllium husks](#) (8 g/ 0.3 oz)
- 1 large grated zucchini (320 g/ 11.3 oz)
- 1 small grated carrot (50 g/ 1.8 oz)
- 1 cup grated pumpkin (115 g/ 4.1 oz)
- 4 extra large eggs *or* 5 medium eggs
- 1/4 cup [ghee](#) *or* [coconut oil](#) (60 ml/ 2 fl oz)
- 1 tbsp smoked paprika
- 2 tsp ground cumin
- 2 tsp baking powder
- 2 tsp [pink Himalayan salt](#), or to taste
- 2 tbsp mixed seeds, to garnish

Instructions

1. Heat oven to 170 °C/ 340 °F (conventional), or 150 °C/ 300 °F (fan assisted). Combine the dry ingredients (almond meal, spices, salt, coconut flour and psyllium, and seeds and baking powder) in a bowl. Note: If you are worried about moisture issues (which depends on the vegetables), increase the temperature to 180 °C/ 355 °F (conventional), or 160 °C/ 320 °F (fan assisted).
2. Grate veggies and stir through ghee and eggs in a separate bowl, then add dry mix to veggie mix and stir to combine. The mixture will be fairly dry.
3. Pour into a loaf pan and press down lightly, then sprinkle with mixed seeds.
4. Bake uncovered 55-70 minutes until a skewer comes out clean.
5. Allow to cool 30 mins or so in pan then move to cooling rack.
6. Store in a sealed container in the fridge up to 5 days. Reheat or toast before serving. For longer storage, pre-cut and freeze for up to 3 months.

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