

Sourdough Keto Baguettes

Hands-on 10-15 minutes Overall 60-75 minutes

Nutritional values (per 1 regular baguette): Total carbs: 14.1 g, Fiber: 9.6 g, **Net carbs: 4.5 g**,

Protein: 12.2 g, Fat: 16.4 g, Calories: 232 kcal,

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



Ingredients (makes 8 regular baguettes or 16 mini baguettes)

Dry ingredients:

- 1 1/2 cup [almond flour](#) (150 g / 5.3 oz)
- 1/3 cup [psyllium husk powder](#) (40 g / 1.4 oz)
- 1/2 cup [coconut flour](#) (60 g / 2.1 oz)
- 1/2 packed cup [flax meal](#) (75 g / 2.6 oz)
- 1 tsp [baking soda](#)
- 1 tsp salt ([pink Himalayan](#) or sea salt)

Wet ingredients:

- 6 large egg whites
- 2 large eggs
- 3/4 cup low-fat buttermilk (180 g / 6.5 oz) - *full-fat would make them too heavy and they may not rise*
- 1/4 cup white wine vinegar or apple cider vinegar (60 ml / 2 fl oz)
- 1 cup lukewarm water (240 ml / 8 fl oz)

Tips:

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.

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!

Instructions

1. Preheat the oven to 180 °C / 360 °F (fan assisted). Use a kitchen scale to measure all the ingredients carefully. Mix all the dry ingredients in a bowl (almond flour, coconut flour, ground flaxseed, psyllium powder, baking soda, and salt). *Do not use whole psyllium husks - if you cannot find psyllium husk powder, use a blender or coffee grinder and process until fine. If you get already prepared psyllium husk powder, remember to weigh it before adding to the recipe. I used whole psyllium husks which I grinded myself. Do not use just measure cups - different products have different weights per cup!*
2. In a separate bowl, mix the eggs, egg whites and buttermilk. *The reason you shouldn't use only whole eggs is that the bread wouldn't rise with so many egg yolks in. Don't waste them - use them for making [Homemade Mayo](#), [Easy Hollandaise Sauce](#) or [Lemon Curd](#). For the same reason, use low-fat (not full-fat) buttermilk.*
3. Add the egg mixture and process well [using a mixer](#) until the dough is thick. Add vinegar and lukewarm water and process until well combined.
4. Do not over-process the dough. Using a spoon, make 8 regular or 16 mini baguettes and place them on a baking tray lined with parchment paper or a non-stick mat. They will rise, so make sure to leave some space between them. Optionally, score the baguettes diagonally and make 3-4 cuts.
5. Place in the oven and cook for 10 minutes. Then, reduce the temperature to 150 °C / 300 °F and bake for another 30-45 minutes (small baguettes will take less time to cook).
6. Remove from the oven, let the tray cool down and place the baguettes 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 store in the freezer for up to 3 months. *Baked goods that use psyllium always result is slightly moist texture. If needed, cut the baguettes in half and place in a toaster or in the oven before serving.*

7. Enjoy just like regular baguettes! *Tip: 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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