

The Best Keto Breadcrumbs

Hands-on 20 minutes Overall 2 hours 30 minutes

Nutritional values (per 1/4 cup/ 22 g/ 0.8 oz): Total carbs: 5 g, Fiber: 3.3 g, **Net carbs: 1.7 g,**

Protein: 4.9 g, Fat: 7.6 g, Calories: 102 kcal,

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



Ingredients (makes about 5 cups)

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)
- 2 tsp cream of tartar or apple cider vinegar
- 1 tsp baking soda
- 1 tsp sea salt
- 5 tbsp sesame seeds or seeds of choice

Optional: garlic powder, onion powder and/or dried herbs and spices of choice

Wet ingredients:

- 6 large egg whites (*reserve yolks for another recipe*)
- 2 large whole eggs
- 2 cups boiling water (480 ml/ 16 fl oz)

Note: Don't waste the egg yolks - use them for making Home-made Mayo, Easy Hollandaise Sauce or Lemon Curd. For nut-free and flax-free options, read the tips in my Ultimate Keto Buns recipe.

Instructions

1. Preheat the oven to 175 °C/ 350 °F. Prepare the buns (same recipe as the Ultimate Keto Buns). Mix all the dry ingredients (apart from the sesame seeds). Add the egg whites and eggs and process well using a mixer until the dough is thick. Add boiling water and process until well combined.
2. Using a spoon, make 8-10 buns and place them on a baking tray lined with parchment paper.
3. Top each of the buns with sesame seeds (or any other seeds) and press them into the dough, so they don't fall out. Place in the oven and cook for 45-50 minutes.

4. Remove from the oven, let the tray cool down and place the buns on a rack to cool down for a few minutes.
5. Lower the temperature to 100 °C/ 210 °F. Dice the bread. Place on a tray and dehydrate for 45-60 minutes.
6. When done, remove from the oven and set aside for 5-10 minutes. Place in a food processor and process until fine.
7. Place in an airtight container and store at room temperature for up to 2 weeks, or freeze for up to 6 months.

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