

Ultimate Keto Breadsticks

Hands-on 10 minutes Overall 25-30 minutes

Nutritional values (per serving, 4 breadsticks): Total carbs: 16 g, Fiber: 11.9 g,

Net carbs: 4.2 g, Protein: 12.8 g, Fat: 26.9 g, Calories: 334 kcal,

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



Ingredients (makes 5 servings, 20 breadsticks)

Breadsticks (1 recipe [keto tortilla dough](#)) - this means you'll need:

- 1 cup [almond flour](#) (100 g / 3.5 oz)
- 3/4 packed cup [flax meal](#) (ground [flaxseed](#)) (110 g / 4 oz)
- 1/4 cup [coconut flour](#) (30 g / 1.1 oz)
- 2 tbsp [whole psyllium husks](#) or 1 tbsp [psyllium husk powder](#) (8 g / 0.3 oz)
- 2 tbsp [chia seeds](#), ground (15 g / 0.5 oz)
- 1 tsp salt (I like [pink Himalayan](#))
- 1 cup water, lukewarm (240 ml / 8 fl oz) + 2-4 tbsp if the dough is too dry

Topping:

- 2 large egg yolks for brushing (use water or melted [ghee](#) for egg-free)
- 4 tbsp mixed seeds (caraway, sesame, poppy seed, etc.) or grated parmesan cheese
- 1 tsp coarse sea salt or [pink Himalayan](#) salt

Optionally serve with:

- [Marinara sauce](#)
- Pesto (try [Red Pesto](#), [Paleo Avocado Pesto](#) or [Basil & Macadamia Pesto](#))
- BBQ sauce (try [Spicy Chocolate BBQ Sauce](#) or [Blackberry BBQ Sauce](#))
- [Keto cheese sauce](#)

Make sure you use [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](#)).

Instructions

1. Prepare the tortilla dough by [following this recipe](#). You'll use the same ingredients like you would to make tortillas, apart from the oil which is not needed in this recipe. Leave the dough to rest in the fridge for 15-20 minutes. Meanwhile, preheat the oven to 175 °C/ 350 °F. Divide the dough in quarters and then divide each quarter into 5 pieces. Wet your fingers in a bowl of water and roll & press the dough to form breadsticks, about 25 cm / 10 inch long.
2. Place on a baking sheet lined with parchment paper. Brush with the egg yolks...
3. ... and sprinkle with seeds or / and parmesan cheese and salt. Place in the oven and bake for 15-20 minutes or until browned and crispy.
4. If you prefer a crunchier texture (more like Grissini), bake for additional 15-20 minutes on 125 °C/ 260 °F. Enjoy!

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