

Best Keto Bread

Calories: 0 kcal

Servings: 22

Time: 0 Mins

Ingredients

- 200.00 g Almond Meal (or Flour, 2 cups)
- 12.00 g Baking Powder
- 24.00 g Coconut Flour (4 tbsp)
- 6.00 whole Eggs
- 50.00 g Golden Flaxseed (freshly grounded, 5 tbsp)
- 30.00 g Hemp Seeds
- 50.00 g Psyllium Husk (5 tbsp)
- 30.00 g Pumpkin Seeds
- 1.00 tsp Salt
- 500.00 g Yoghurt (Greek) (2 cups)

Instructions

1. Line a medium loaf tin with baking paper.
2. In a bowl, mix the eggs and greek yoghurt with an electric mixer until smooth.
3. Add in the almond meal/flour, coconut flour, baking powder and salt. Mix well until fully combined.
4. Lastly, Mix in the Psyllium Husk, Freshly ground Flaxseed*, Hemp seeds, and the pumpkin seeds you're using them.
5. Pour dough into the lined loaf tin and let it rest for 15 minutes, to thicken the mix and allow the psyllium husk and flaxseed meal to absorb the liquid.
6. Preheat the oven to 170°C / 340°F
7. Bake for around 55 min to 1 hour or until the top is lightly browned and a knife inserted comes out clean.
8. Let sit in tray for 5 mins, then sit on cooling rack for 30mins until it cools before slicing, Depending on how thick you like your bread, you should get around 18-22 Slices (make sure you adjust your carb and protein slightly if cutting into 18 slices).

Equipment

- Medium Loaf tin

- Electric Mixer