

6 years of keto recipes later, this is by far the best bread substitute I have ever tried. Just look at these rolls...

I modified the recipe below by not using a mixer and making balls instead of hot dog bun shapes.

1 $\frac{1}{4}$ cups almond flour

5 tablespoons ground psyllium husk powder

2 teaspoons baking powder

1 teaspoon sea salt

2 teaspoons apple cider vinegar or white wine vinegar

1 $\frac{1}{4}$ cups boiling water

3 egg whites

Preheat the oven to 350°F (175°C). Mix the dry ingredients in a bowl.

Bring the water to a boil and add it, the vinegar and egg whites to the bowl, while beating with a hand mixer for about 30 seconds. Don't over mix the dough, the consistency should resemble Play-Doh.

Moisten hands and form dough into 4 or 8 pieces of bread. You can also make hot dog or hamburger buns. Place on a greased

baking sheet.

Bake on lower rack in oven for 50–60 minutes, depending on the size of your bread. They're done when you hear a hollow sound when tapping the bottom of the bun.

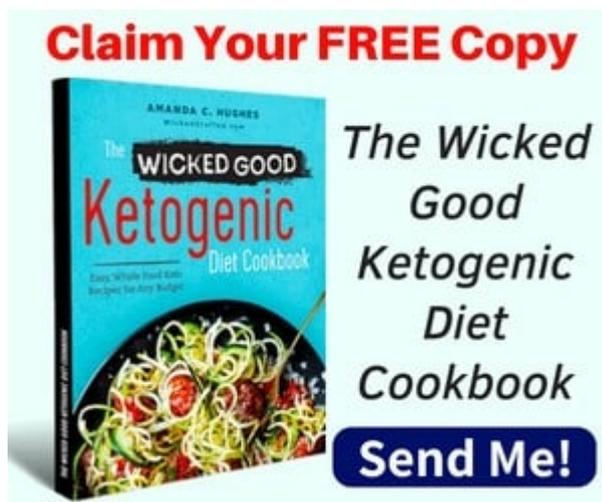
Serve with butter and toppings of your choice. Store the bread in the fridge or freezer.

Tip!

Sprinkle seeds on the bread before you pop it into the oven – poppy seeds, sesame seeds or why not some salt flakes and herbs?

If you make this recipe into 6 pieces of bread they each contain about 2 grams of carbs.

What do you do with the three leftover egg yolks? Béarnaise sauce, of course!



Claim Your FREE Copy

The WICKED GOOD
Ketogenic
Diet Cookbook

*The Wicked
Good
Ketogenic
Diet
Cookbook*

Send Me!