

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

Healthy Low Carb Keto Bread (Buns)

The secret step in this recipe that takes this carb-free bread from good to great is the separation of the eggs. You're going to want to separate the yolks and the whites. The reason for this is that we're going to whip the egg whites until they are fluffy. We're looking for soft peaks. This will add some volume to the otherwise dense keto bread. Beating the egg whites is the answer to the denseness that comes with making an almond flour bread. I've made countless baked goods using almond flour and the main problem I've encountered is how dense the finished product is. The fluffy egg whites in unison with the high dosage of baking powder do a good job of getting this loaf nice and fluffy and adding some air pockets into the loaf. This makes for a better tasting bread.

HOW MANY CARBS IN KETO BREAD?

This ketogenic bread recipe only has 1g of net carbs. WHAT? that's crazy! Net carbs are total carbs minus fiber and are how most people following the ketogenic diet will count their carbohydrates.

HOW MANY CALORIES IN KETO BREAD?

This bread contains 234 calories per 2 slices of bread. This

is higher than other bread, but mainly because it contains a large amount of butter and coconut oil to maintain the ketogenic macronutrient ratios.

THIS IS THE MOST POPULAR KETO BREAD / LOW CARB BREAD RECIPE!

This keto bread is going crazy on the internet right now. Low carb bread is very popular in the world of ketogenic bread. Carb free bread just reminds people that you can still use bread on the ketogenic diet, but only by using a low carb bread recipe. The best low carb bread should fit into your low carb food list nicely, along with other low carb bread brands. This low carb bread recipe is a gluten free low carb bread, or sometimes people use low carb bread. Its suitable for the Atkins diet, or use instead of Atkins bread. You should find weight loss easy by making low carb bread machine recipes, and you can definitely make this keto bread recipe on your bread machine. This recipe teaches you how to make low carb bread.

Frequently Asked Questions

Can I use coconut flour instead of almond flour?

There's no need to try making this recipe using coconut flour when we've created this amazing coconut flour bread recipe for you. It's a slight variation on this recipe and is the perfect coconut flour loaf for those of you with nut allergies or if you just hate almonds.

How do I get rid of the egg taste?

There is a mild egg taste to this bread, which we happen to love, but some people don't like it. We've tested a couple of

different ways to eliminate it and here is what we've come up with:

1. Stevia – It might sound crazy, but adding a few drops of stevia to this recipe is the best way to eliminate the egg taste. Just a few drops will do! We typically use 6 drops of stevia. That amount will not make the bread sweet to the taste at all, but it will greatly reduce the egg taste.
2. Yeast – Adding a tablespoon of Active Dry Yeast to this recipe can result in a more traditional bread flavor. The yeast won't make the bread rise or anything since we're not using sugar or gluten, but the flavor will still come through.
3. Butter – This might be the best way ☐ Just add some delicious butter to the top of a slice and you will think you're eating traditional bread!

How do I store Keto Bread?

Slicing to order is going to be your best bet from a shelf life standpoint. We pop the entire loaf in the fridge, either in a tupperware container or a ziploc bag and cut off slices as we eat it. It will last in the fridge for 7-10 days.

How do I get my loaf to be taller and fluffier?

The 2 major issues that will lead to a flat loaf is not whipping the egg whites and gently folding them in OR using almond meal instead of a finely ground almond flour. If you've tried everything and they don't seem to be working for you, the next best option will be to make a larger recipe. Try making 1.5x this recipe (it's easy to do using the servings slide bar) and you'll have a much larger loaf.

Recipe:

I'm an avid cook and over the years I have tried just about every low carb technique for making bread substitutes. This one is astoundingly good: Light and fluffy, can absorb egg yolk, tastes almost flavorless and not gritty so it can handle simply being buttered.

Be sure to drink lots of water as psyllium husk is pure fiber.

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!