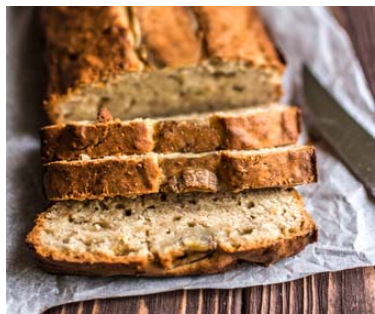

Almond Flour Keto Bread

1g net carb per serving (1 slice) - 99 calories



Low Carbe Diem
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Servings: 20

6 lg eggs, separated
1/4 tsp cream of tartar
5 tbsp unsalted butter, melted
1 1/2 c almond flour
3 tsp baking powder
pinch sea salt

Preheat oven to 375 F.

Separate the egg whites from the yolks. Add cream of tartar to the whites and beat until soft peaks form.

In a food processor, mix together egg yolks, 1/3 beaten egg whites, butter, almond flour, baking powder and salt. (Adding a few drops of liquid stevia reduces the mild egg taste.)

Mix well, forming a lumpy, thick dough.

Add remaining 2/3 egg whites and gently process until fully incorporated. Be careful not to over mix! This is what gives the bread volume!

Pour mixture into a buttered 8 x 4 inch loaf pan. Bake 30 minutes, or until a toothpick/fork slides out clean.

Cool on a baking rack, then slice.

Per Serving: 99 Calories; 9g Fat (78.2% calories from fat); 4g Protein; 2g Carbohydrate; 1g Dietary Fiber.