






The keto bread

2g  Medium  10 m + 1 h

Smear with butter, and you will think you are eating the real thing! This keto bread sports a pleasing crispy crust with a soft, moist center. It's bread—you know what to do. Savor it warm, straight out of the oven, or freeze, defrost, and toast to perfection...

Ingredients

 6 servings US

1¼ cups almond flour
5 tablespoons ground psyllium husk powder
2 teaspoons baking powder
1 teaspoon sea salt
2 teaspoons apple cider vinegar
1¼ cups boiling water
3 egg whites
2 tablespoons sesame seeds (optional)

Instructions

- 1 Preheat the oven to 350°F (175°C). Mix the dry ingredients in a bowl.
- 2 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.
- 3 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.
- 4 Bake on lower rack in oven for 50–60 minutes, depending on the size of your bread. They're done when you hear hollow sound when tapping the bottom of the bun.
- 5 Serve with butter and toppings of your choice. Store the bread in the fridge or freezer.