

"Healthified" Keto Bread

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<http://www.livefreefromobesity.co.uk/keto-rolls/>

1½ cup blanched almond flour (5 oz) (or ½ cup coconut flour or 2.5 oz)

5 TBS psyllium husk powder (no substitutes) (45 grams) (must be a fine powder, not whole husks)

2 tsp baking powder

1 tsp Celtic sea salt

2½ TBS apple cider vinegar (1 oz)

3 egg whites (8 egg whites if using coconut flour)

7/8 cup (a little less than a cup) BOILING water (or MARINARA - for more Tomato Basil Bread!) (7 oz)

OPTION: Use 2 whole eggs (Almond flour version) or 4 whole eggs (coconut flour version). If you are having trouble with it rising using whole eggs you can try egg whites.

Preheat the oven to 350 degrees F. In a medium sized bowl, combine the flour, psyllium powder (no substitutes: flaxseed meal won't work), baking powder and salt. Mix until dry ingredients are well combined. Add in the eggs and vinegar and mix until a thick dough. Add boiling water or marinara into the bowl. Mix until well combined and dough firms up.

Form into 4 to 5 mini subs (the dough will rise about 2 to 3 times so I start mine as a 1 inch disk, see picture below) or one large sub/loaf and place onto a greased baking sheet. Bake for 55 minutes (50 minutes for smaller shapes like buns). Remove from the oven and allow the bread to cool completely. Cut open with a serrated knife. Fill with desired fillings. Makes 5 servings.