



Keto Bread

Keto Bread Recipes. They're a tricky thing. Some are cloud bread and require whipping egg whites. Some use mozzarella cheese, and others are like this - eggs and flour! Try a few different breads and find one that you like - we like this one! Check out our tips and tricks below!

Recipe:

1 Cup Almond Flour
3 Teaspoons Baking Powder
4 Tablespoons Butter, Softened
6 Eggs

Mix the eggs and butter in one bowl. Mix the almond flour, baking powder, and seasoning in another.

Combine all ingredients and pour into a well greased loaf pan!

Bake 375 for 25 min

Let cool and enjoy!



The Keto Dad Tips and Tricks:

- Mix in cheese! Small chunks of cheddar, or shred it!
- Choose spices based on the dish you'll pair it with. Breakfast? Add a little swerve and cinnamon. Italian dinner? Basil and oregano!
- We prefer to toast the bread after we slice it and then add some butter, jelly, or whatever!

Servings: 10

Calories: 100, Fat: 9g, Carbs: 1g, Fiber: 0g, (Net Carbs 1) Protein: 4g

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