



Keto White Bread

Keto Bread is always so hit and miss . . . too eggy, too cheesy, too labor intensive . . . until we found this easy Keto white bread recipe! We make a few batches over the weekend, freeze them and then reheat and toast when we're ready to eat!

Recipe:

- 1 Egg
- 3 T Almond Flour
- 1 T Mayo or Sour Cream
- ¼ tsp Baking Powder
- 1 tsp Water

Mix ingredients in a cup, then pour onto griddle or chaffle maker. Makes 2 pieces.

The Keto Dad Tips and Tricks:

- This makes TWO pieces - the top and bottom!
- Use mayo to keep it dairy free.
- Use sour cream if you don't have a great mayo option!
- Make a deli sandwich, egg sandwich, PB & J . . . so many options!
- There is NO cheese.



Macros (using sour cream):

Calories: 237, Fat: 19g, Carbs: 5g, Fiber: 2g, (Net Carbs 3) Protein: 11g

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