GLOBAL · BREAKFAST · SIDE

Keto Flaxseed Bread (Vegan, No Flour or Yeast)

75 min · plus cooling completely | Makes 11 × 1 slice | 124 kcal a portion

Video 8:03 · Ela Vegan

Vegan | Gluten-free ingredients | Nut-free

Just flaxseed and psyllium: 9 g fibre for under 1 g net carbs a slice, so it barely touches blood sugar, plus three days' worth of plant omega-3 (ALA) and a good share of magnesium.

Diet notes: Keto (0.9 g net carbs a serve).

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Ingredients

5 · MAKES 11 × 1 SLICE

- [ ] 240 g whole **golden flaxseeds**, finely ground
- [ ] 40 g (4 tbsp) **psyllium husk powder** (not whole husks)
- [ ] ½ tsp **salt**
- [ ] 2 tsp **baking powder**
- [ ] 320 ml **hot water** (about 60 °C)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Grind the whole golden flaxseeds in a coffee or spice grinder (in batches) until they feel like soft flour, and tip them into a bowl. Don't use bought flax meal — some is defatted and won't rise. 1:18
2. Add the psyllium husk powder, salt and baking powder and stir together. 1:47
3. Heat the water to about 60 °C, pour it in, stir with a spoon, then knead by hand for 20–30 seconds just until it comes together — don't overmix. 2:19
4. Heat the oven to 180 °C and line a baking tray. Shape the dough into a loaf on the tray with lightly wet hands, smoothing any big cracks. 3:14
5. Score the top a few times with a knife. 3:50
6. Bake 55–60 minutes until well risen and golden; it can double or triple in size. 4:02
7. Let it cool completely before slicing into 11 — it keeps setting inside and turns gummy if cut warm. 4:50

> **Tip** Weigh everything in grams — cups are too inaccurate here. Keeps 7 days in the fridge or 3 months frozen. You can shape smaller rolls instead; they bake faster.

The method is a summary in our words — the video shows every step.

One portion (1 slice) gives you

1 OF 11 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
124 kcal	4.1 g	9.7 g	8.9 g	9.2 g	200 mg
520 kJ	8% of a day	0.9 g net · 0.3 g sugars	32% of a day	0.8 g saturated	9% of a day
		4% of a day		12% of a day	

Energy from net carbs 4% · protein 16% · fat 80% — fits keto: 0.9 g net carbs, 80% of the energy from fat

High in (20%+ of a day) Omega-3 311% · Magnesium 21%

Source of (10–19%) Selenium 10%

Recipe and video: Ela Vegan (@ElaVegan) on YouTube — youtube.com/watch?v=3HZMRGA8FSs, published 1 April 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-flaxseed-bread-vegan