AMERICAN · BREAKFAST

Keto French Toast with Almond Flour Protein Bread

15 min · Makes 2 × 2 slices · 421 kcal a portion · Video 4:50 · Joe Duff - The Diet Chef

Vegetarian · Gluten-free ingredients

The bread is made from almond flour and whey, so a serve has about 24 g protein, 7 g fibre and 8 g net carbs, sweetened only with Swerve and sugar-free syrup; the almonds make it rich in vitamin E.

Diet notes: Keto (8 g net carbs a serve).

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Ingredients 15 · MAKES 2 × 2 SLICES

- [ ] ¾ cup **almond flour**
- [ ] ¾ oz (⅔ scoop) **unflavoured whey protein powder**
- [ ] 1 heaped tbsp (½ oz) **confectioners Swerve**
- [ ] ½ tsp **baking powder**
- [ ] ½ tsp **xanthan gum**
- [ ] **Water**: just under ½ cup water
- [ ] **ground cinnamon**, a little for the bread and a pinch for the dip
- [ ] **baking spray**, for the dish and the pan
- [ ] 2 medium **eggs** (or 1 large egg)
- [ ] ½ tbsp (8 g) **unsweetened vanilla almond milk**
- [ ] ½ tbsp (8 g) sugar-free (keto) maple syrup
- [ ] **fresh berries**, to serve (optional, about ½ cup)
- [ ] **sugar-free maple syrup**, to serve (optional, about 1 tbsp)
- [ ] **confectioners Swerve**, to dust (optional)
- [ ] a small **pat of butter** on each serve, to serve (optional)

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

Contains: Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Whisk the almond flour, whey protein, Swerve, baking powder and xanthan gum in a medium bowl until evenly combined. 0:46
2. Stir in the water with a spatula until a thick, sticky batter forms, adding a little cinnamon if you like. 1:56
3. Coat a glass sandwich-size container with baking spray and spread the batter in evenly — a wet spatula stops it sticking. 2:15
4. Microwave 1 minute, check it doesn't overflow, then another minute, check again, then a final minute, until the top feels firm. Let it cool and set for a few minutes. 2:40
5. Turn the bread out, cut it in half through the middle with a thin bread knife, then into quarters to make 4 slices. 3:08
6. Whisk the eggs, almond milk, sugar-free maple syrup and a pinch of cinnamon with a fork until the yolks are fully mixed in. 3:19
7. Soak each slice in the egg dip, then cook in a pan coated with baking spray over medium heat, flipping often, until the egg is set. Serve with berries, sugar-free syrup, a dusting of Swerve and a pat of butter. 4:00

> **Tip** The cook's macros for 2 slices (no toppings): about 350 kcal and 3 g net carbs. Sunflower-seed or walnut flour also work instead of almond flour.

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

One portion (2 slices) gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
421 kcal	23 g	15 g	7 g	32 g	230 mg
1,760 kJ	47% of a day	8 g net · 4.6 g sugars	25% of a day	6.1 g saturated	10% of a day
		5% of a day		41% of a day	

Energy from net carbs 8% · protein 22% · fat 70% — fits keto: 8 g net carbs, 70% of the energy from fat

High in (20%+ of a day) Vitamin E 80% · Magnesium 32% · Selenium 30% · Vitamin C 25% · Vitamin B12 25%

Source of (10–19%) Zinc 19% · Calcium 16% · Iron 13% · Folate 12% · Potassium 11% · Vitamin A 11% · Omega-3 10%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=N0KF-cGqqDI, published 13 May 2020. 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-french-toast-protein-bread