INDIAN · SIDE

Low-Carb Coconut Flour Naan (Egg-Free)

30 min · Makes 4 × 1 naan · 84 kcal a portion · Video 7:15 · HK's Keto & Low Carb Recipes

Vegetarian · Gluten-free ingredients · Nut-free

Coconut flour and psyllium make a grain-free, egg-free flatbread with under 4 g net carbs and nearly 6 g fibre a naan, so it barely moves blood sugar.

Diet notes: Low carb (3.7 g net carbs) but not keto: 54% of the energy is from fat, and keto meals get about 60% or more; Vegan if you leave out the ghee; Dairy-free if you leave out the ghee.

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Ingredients

6 · MAKES 4 × 1 NAAN

- ☐ ½ cup **coconut flour**
- ☐ 8 g (2 tbsp) **psyllium husk**
- ☐ ½ tsp **baking powder**
- ☐ **salt**, to taste
- ☐ 1 cup **warm water**
- ☐ 1 tbsp **ghee**, butter or oil, for frying

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

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Mix the coconut flour, psyllium husk, baking powder and salt in a bowl. 1:07
2. Warm the water for about 30 seconds in the microwave and add it in two batches, mixing into a smooth, soft dough ball; add a splash more water only if it is dry. 1:19
3. Cut the dough into 4 balls and let them rest for 10–15 minutes. 1:52
4. Roll each ball out between two sheets of baking paper, then trim it with a knife for a neat shape. 2:32
5. Heat a little ghee or butter in a pan and fry each naan until golden brown underneath, then flip, add a little more butter and brown the other side. 2:53

> **Tip** The same dough makes a paneer paratha (stuff with crumbled paneer, cumin, onion and coriander, fold and roll) or an uttapam (press in chopped tomato, capsicum and onion and fry in coconut oil).

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

One portion (1 naan) gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
84 kcal	**2.6** g	**9.4** g	**5.7** g	**5** g	**460** mg
350 kJ	5% of a day	3.7 g net · 0.8 g sugars	20% of a day	3.6 g saturated	20% of a day
		3% of a day		6% of a day	

Energy from net carbs 21% · protein 15% · fat 64% — low carb (under 26% of the energy from carbs)

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=-CeqwdEo3JI, published 17 May 2017. 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/low-carb-coconut-flour-naan