GLOBAL · BREAKFAST · SIDE

Vegan Keto Bread with Almond Flour and Yeast

80 min · plus 1 hour proofing and 1 hour resting | Makes 10 × 2 slices | 271 kcal a portion

Video 9:25 · lowcarbrecipeideas

Vegan | Gluten-free ingredients

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Almond, coconut, flax and psyllium give 11 g fibre and 5.5 g net carbs per two slices, with no grain or sugar to spike blood sugar, plus half a day's vitamin E and plant omega-3.

Diet notes: Keto (5.5 g net carbs a serve).

Ingredients

11 · MAKES 10 × 2 SLICES

- [ ] 300 g **almond flour**
- [ ] 60 g **coconut flour**
- [ ] 40 g **golden flaxseed**, finely ground
- [ ] 45 g (5 tbsp) whole **psyllium husks**, ground to half their volume
- [ ] 14 g (1 tbsp) **baking powder**
- [ ] 12 g (3 tsp) **instant yeast**
- [ ] 2 tsp **salt**
- [ ] 480 ml **very warm water** (50–56 °C)
- [ ] 45 ml (3 tbsp) **apple cider vinegar**
- [ ] 45 ml (3 tbsp) **coconut or olive oil**
- [ ] a little **coconut flour or arrowroot**, to dust the top

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

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Boil a kettle of water and turn the oven on to 100 °C; it stays on through the whole proof. 0:30
2. Whisk the almond flour, coconut flour, ground flaxseed, ground psyllium husk and baking powder in a large bowl until evenly mixed. Grind whole husks to half their volume before weighing. 0:39
3. In a small bowl stir the salt and yeast into the very warm water (50–56 °C) until the salt dissolves — the cook finds this warmth wakes the yeast without harming it. 1:18
4. Pour the vinegar, oil and yeast water into the dry mix, whisk, then knead by hand into a soft dough. 2:32
5. Shape into a loaf, smoothing the top with wet hands, and set it in a small parchment-lined loaf pan (about 18 × 9 cm), or shape a round boule. Dust with a little flour and cut 3 slashes on top. 3:35
6. Cover loosely with a dry tea towel, put a dish of boiling water on the bottom of the oven and the dough above it, and proof for 1 hour without opening the door. 5:02
7. Take out the towel and water dish, set the oven to 180 °C and bake about 1 hour, covering with foil if the top browns too fast, until it is crusty and 96–98 °C inside. 5:17
8. Lift the loaf from the pan onto a tray and leave it in the switched-off oven for 40–60 minutes so the crumb dries, then cool completely and cut into 20 slices. 6:00

> **Tip** The loaf cuts into 20 thin slices (the cook's serving is 1 slice). Grain-free, egg-free and dairy-free; it toasts well. Keep it in the fridge or freeze it sliced.

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

One portion (2 slices) gives you

1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
271 kcal	8.9 g	16 g	11 g	22 g	620 mg
1,140 kJ	18% of a day	5.5 g net · 1.8 g sugars	39% of a day	5.4 g saturated	27% of a day
		6% of a day		28% of a day	

Energy from net carbs 9% · protein 14% · fat 77% — fits keto: 5.5 g net carbs, 77% of the energy from fat

High in (20%+ of a day) Omega-3 57% · Vitamin E 51% · Magnesium 25%

Source of (10–19%) Zinc 12% · Folate 12% · Iron 10%

Recipe and video: lowcarbrecipeideas (@lowcarbrecipeideas) on YouTube — youtube.com/watch?v=lqU2qiOiRXE, published 9 March 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/vegan-keto-almond-yeast-bread