

# Healthy and Delicious Ketogenic Bread-Friendly Recipes to Make at Home



## Keto bread machine cookbook : Healthy and delicious ketogenic bread friendly recipes to make at home

by DB King

★★★★☆ 4.7 out of 5

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Enhanced typesetting : Enabled  
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The ketogenic diet is a popular low-carb, high-fat eating plan that can provide numerous health benefits. However, bread is generally a forbidden food on the ketogenic diet because it is a high-carbohydrate food. This can make it difficult for people on the ketogenic diet to enjoy bread-like foods.

If you're on the ketogenic diet and miss bread, don't despair! There are several bread-friendly recipes that you can make at home that are both healthy and delicious. These recipes use alternative ingredients to traditional bread, such as almond flour, coconut flour, and psyllium husk, which are all low-carb and keto-friendly.

## **Ketogenic Bread Recipe**

This is a simple and basic ketogenic bread recipe that is perfect for beginners. It is made with almond flour, coconut flour, and psyllium husk, and it has a texture that is similar to traditional wheat bread.

### **Ingredients:**

1. 3 cups almond flour
2. 1 cup coconut flour
3. 1/4 cup psyllium husk powder
4. 1 tablespoon baking powder
5. 1 teaspoon salt
6. 1 cup warm water

7. 1/4 cup olive oil
8. 2 eggs

### **Instructions:**

1. Preheat oven to 350 degrees F (175 degrees C).
2. Line a 9x13 inch baking pan with parchment paper.
3. In a large bowl, combine the almond flour, coconut flour, psyllium husk powder, baking powder, and salt.
4. In a separate bowl, whisk together the warm water, olive oil, and eggs.
5. Add the wet ingredients to the dry ingredients and mix until well combined.
6. Pour the batter into the prepared baking pan and spread it out evenly.
7. Bake for 30-35 minutes, or until a toothpick inserted into the center comes out clean.
8. Let the bread cool in the pan for a few minutes before slicing and serving.

### **Ketogenic Banana Bread Recipe**

This is a delicious and moist ketogenic banana bread recipe that is perfect for breakfast or dessert. It is made with almond flour, coconut flour, and psyllium husk, and it has a sweet and flavorful banana flavor.

### **Ingredients:**

1. 2 cups almond flour

2. 1 cup coconut flour
3. 1/4 cup psyllium husk powder
4. 1 tablespoon baking powder
5. 1 teaspoon salt
6. 1/2 cup mashed bananas
7. 1/4 cup olive oil
8. 2 eggs
9. 1/4 cup chopped walnuts (optional)

### **Instructions:**

1. Preheat oven to 350 degrees F (175 degrees C).
2. Line a 9x13 inch baking pan with parchment paper.
3. In a large bowl, combine the almond flour, coconut flour, psyllium husk powder, baking powder, and salt.
4. In a separate bowl, whisk together the mashed bananas, olive oil, and eggs.
5. Add the wet ingredients to the dry ingredients and mix until well combined.
6. Fold in the chopped walnuts, if desired.
7. Pour the batter into the prepared baking pan and spread it out evenly.
8. Bake for 45-50 minutes, or until a toothpick inserted into the center comes out clean.

9. Let the bread cool in the pan for a few minutes before slicing and serving.

## **Ketogenic Zucchini Bread Recipe**

This is a moist and flavorful ketogenic zucchini bread recipe that is perfect for fall. It is made with almond flour, coconut flour, and psyllium husk, and it has a sweet and slightly spicy flavor.

### **Ingredients:**

1. 2 cups almond flour
2. 1 cup coconut flour
3. 1/4 cup psyllium husk powder
4. 1 tablespoon baking powder
5. 1 teaspoon salt
6. 1/2 cup shredded zucchini
7. 1/4 cup olive oil
8. 2 eggs
9. 1/4 cup chopped walnuts (optional)
10. 1 teaspoon cinnamon
11. 1/4 teaspoon nutmeg

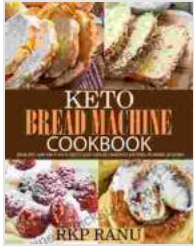
### **Instructions:**

1. Preheat oven to 350 degrees F (175 degrees C).

2. Line a 9x13 inch baking pan with parchment paper.
3. In a large bowl, combine the almond flour, coconut flour, psyllium husk powder, baking powder, salt, cinnamon, and nutmeg.
4. In a separate bowl, whisk together the shredded zucchini, olive oil, and eggs.
5. Add the wet ingredients to the dry ingredients and mix until well combined.
6. Fold in the chopped walnuts, if desired.
7. Pour the batter into the prepared baking pan and spread it out evenly.
8. Bake for 45-50 minutes, or until a toothpick inserted into the center comes out clean.
9. Let the bread cool in the pan for a few minutes before slicing and serving.

### **Tips for Making Ketogenic Bread**

- Use a kitchen scale to measure your ingredients. This will ensure that your bread turns out perfectly every time.
- Do not overmix the batter. Overmixing can make the bread tough.
- Let the bread cool completely before slicing and serving. This will help the bread to set and firm up.
- Store the bread in an airtight container in the refrigerator for up to 3 days.
- You can freeze the bread for up to 2 months. To do so, wrap the bread tightly in plastic wrap and place it in a freezer-safe bag.

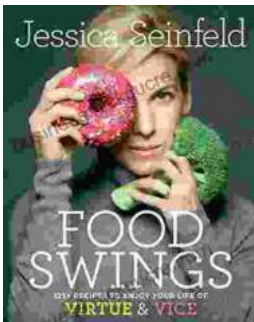


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