

ALMOND FLOUR BREAD★★★★★

COURSE: BREAD CUISINE: AMERICAN PREP TIME: 10 MINUTES
COOK TIME: 45 MINUTES TOTAL TIME: 55 MINUTES SERVINGS: 16 SLICES
CALORIES: 129 AUTHOR: [LISA MARCAURELE](#)

An easy paleo keto bread made with almond flour. It's a simple recipe made with only six common ingredients!

INGREDIENTS

- 2 cups blanched almond flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 4 large eggs separated and at room temperature
- 1/4 cup coconut oil melted if needed to liquify
- 1 teaspoon [apple cider vinegar](#) preferably raw unfiltered

INSTRUCTIONS

1. Preheat oven to 325°F. Grease an 8x4-inch loaf pan or line with parchment paper.
 2. Combine the almond flour, baking soda, and salt in medium bowl. Set aside.
 3. In large bowl, whisk together coconut oil, egg yolks, and apple cider. Add the almond flour mixture and stir just until combined. Wait 1-2 minutes before adding the egg whites. Spread into prepared loaf pan. For a fluffier bread, you can whip up the egg whites and fold them into the batter.
 4. Bake for 40-45 minutes or until bread is golden and toothpick inserted near center comes out clean.
 5. Allow to cool on wire rack for at least 15 minutes before removing from pan. Then cool completely. Can be wrapped and stored at room temperature for up to 2 days or refrigerated for up to a week. For longer storage, freeze for up to 3 months.
-

NOTES

To avoid "Baker's ammonia," it's best to separate the eggs and add the egg whites 1-2 minutes after the vinegar and baking soda. The product of a reaction between baking soda and the proteins in egg whites can create an ammonia smell.

Nutritional data is based on slicing the bread into 16 equal sized slices.

Nuts or seeds can be added to the bread and sprinkled on top. Herbs and spices are also great additions.

Nutrition

Serving: 1 slice | Calories: 129 | Carbohydrates: 3g | Protein: 5g | Fat: 12g | Saturated Fat: 4g |
Cholesterol: 53mg | Sodium: 125mg | Potassium: 20mg | Fiber: 1g | Sugar: 1g | Vitamin A: 75IU |
Calcium: 37mg | Iron: 0.8mg

Additional Info

Net Carbs: 2 g | % Carbs: 5.9 % | % Protein: 14.7 % | % Fat: 79.4 % | **SmartPoints: 5**

© LowCarbYum.com

Unauthorized use and/or duplication of this material without written permission from site owner Lisa MarcAurele is strictly prohibited.