



Keto Bread

Ingredients

- 60g coconut oil, melted (plus extra for greasing)
- 100g almond flour
- 12g psyllium husk
- 2 tsp baking powder
- 1 tsp baking soda
- 100g milled seeds (50g sunflower seeds + 50g pumpkin seeds)
- 20g coconut flour
- 12g milled flaxseed
- 3g salt
- 3 eggs, beaten
- 1 medium courgette (zucchini), grated
- 1 tbsp apple cider vinegar

Instructions

Step 1 – Prep the Oven and Tin:

Preheat the oven to 200°C (180°C fan) or gas mark 6. Grease a 900g loaf tin with coconut oil and line it with baking parchment. Set aside.

Step 2 – Mix the Dry Ingredients:

In a large mixing bowl, combine the almond flour, psyllium husk, baking powder, baking soda, milled seeds, coconut flour, flaxseed, and salt. Stir well to evenly distribute.

Step 3 – Combine the Wet Ingredients:

In another bowl, mix the melted coconut oil, beaten eggs, grated courgette, and 115ml hot water. Pour this mixture into the dry ingredients and stir until just combined. Add the apple cider vinegar and gently fold it in—avoid overmixing.

Step 4 – Bake the Bread:

Transfer the dough into the prepared loaf tin. Smooth the top using wet fingers or the back of a spoon. Bake at 200°C for 20 minutes, then reduce the heat to 150°C (130°C fan) or gas mark 2 and bake for another 30 minutes.

Step 5 – Cool and Serve:

Remove the bread from the oven and let it cool in the tin for 10 minutes. Then transfer to a wire rack to cool completely. Slice and toast as desired.