- Prep time: 15 minutes
- Cook time: 55-60 minutes
- Total time: 1 hour 10 minutes – 1 hour 15 minutes
- Servings: 1 loaf (about 12 slices)
- Category: Bread, Breakfast, Keto, Low-Carb
- Cuisine: American, Gluten-Free

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Ingredients

Dry Ingredients:

- Almond Flour: 1 1/2 cups (150g) finely ground blanched almond flour. (Not almond meal, which is coarser).
- Coconut Flour: 1/4 cup (30g). (Coconut flour is very absorbent, so measure carefully).
- Psyllium Husk Powder: 3 tablespoons (24g). This is the magic ingredient that gives the bread structure and a bread-like texture.
- Baking Powder: 1 tablespoon.
- Salt: 1/2 teaspoon.
- Sweetener (Optional): 1 teaspoon erythritol or monk fruit sweetener. (Just to balance the flavors, not to make it sweet).

Wet Ingredients:

- Eggs: 5 large eggs, at room temperature.

- Egg Whites: 2 large egg whites (in addition to the whole eggs).
- Butter or Coconut Oil: 1/4 cup (56g) unsalted butter or coconut oil, melted and slightly cooled.
- Apple Cider Vinegar: 1 tablespoon. (This helps with rise and flavor).
- Boiling Water: 1 cup (240ml) boiling water. (This is crucial for activating the psyllium husk).
- Optional Flavor Add-ins: 1/4 cup chopped nuts (walnuts or pecans), 2 tablespoons flax seeds, or 1 teaspoon cinnamon for a sweeter version.

Equipment:

- Loaf Pan: 8.5 x 4.5-inch (21.5 x 11.5 cm) loaf pan.
- Parchment Paper: For lining the pan.
- Large Mixing Bowl: For combining the ingredients.
- Whisk or Hand Mixer: For beating the eggs.
- Cooling Rack: For cooling the bread completely.

Instructions

Part 1: Preparing the Oven and Pan

1. Preheat the Oven: Preheat your oven to 350°F (175°C) . Position a rack in the center of the oven.

2. Prepare the Loaf Pan: Line an 8.5 x 4.5-inch loaf pan with parchment paper, allowing the paper to overhang the sides for easy removal later. Lightly grease the parchment paper with a little butter or coconut oil.

Part 2: Mixing the Dry Ingredients

1. Combine Dry Ingredients: In a large mixing bowl, whisk together the almond flour, coconut flour, psyllium husk powder, baking powder, salt, and sweetener (if using). Make sure everything is well combined and there are no lumps. If using optional add-ins like cinnamon, add it now.

Part 3: Mixing the Wet Ingredients

1. Beat the Eggs: In a separate large bowl, beat the 5 whole eggs and 2 egg whites with a whisk or hand mixer on medium speed for about 2 minutes, until they are light, frothy, and increased in volume.

2. Add the Butter and Vinegar: Gradually add the melted butter (or coconut oil) and apple cider vinegar to the beaten eggs, whisking continuously until fully incorporated.

Part 4: Combining and Baking

1. Combine Wet and Dry: Pour the wet ingredients into the bowl with the dry ingredients. Stir with a spatula until just combined. The mixture will be thick and somewhat sticky.

2. Add Boiling Water: Carefully pour the boiling water into the batter while stirring continuously. The batter will initially seem lumpy, but keep stirring. The psyllium husk will absorb the water and the batter will become smooth, thick, and gelatinous. This step is crucial for the texture of the bread.

3. Fold in Optional Add-ins: If you're using nuts, seeds, or other add-ins, fold them in gently at this stage.

4. Transfer to Loaf Pan: Scrape the batter into the prepared loaf pan. Smooth the top with a spatula, making sure it's evenly distributed.

5. Bake: Place the loaf pan in the preheated oven and bake for 55-60 minutes, or until the bread is golden brown on top and a toothpick inserted into the center comes out clean. The internal temperature should read around 200°F (93°C) on an instant-read thermometer.

Part 5: Cooling and Slicing

1. Cool in Pan: Remove the bread from the oven and let it cool in the pan for 10 minutes.

2. Cool Completely on Rack: Using the parchment paper overhang, lift the bread out of the pan and transfer it to a wire cooling rack. Let it cool completely before slicing. This is very important—slicing while warm will result in a gummy texture. The bread will firm up significantly as it cools.

3. Slice and Serve: Once completely cool, slice the bread into 12 slices using a sharp, serrated knife. Serve immediately, or store for later use.

Tips for the Perfect Keto Breakfast Bread

- Measure Carefully: Keto baking is a science. Use a kitchen scale to weigh your almond flour, coconut flour, and psyllium husk powder for the most accurate results. Too much coconut flour or psyllium will result in a dry, crumbly loaf.

- Use Boiling Water: The boiling water is essential for activating the psyllium husk, which acts as the “glue” that holds the bread together. Don’t skip this step or use lukewarm water.

- Room Temperature Eggs: Eggs at room temperature incorporate more air when beaten, leading to a lighter, better-risen loaf.

- Don’t Overmix: Once you add the dry ingredients to the wet, mix until just combined. Overmixing can lead to a dense, tough bread.

- Cool Completely Before Slicing: This is the hardest part, but it’s crucial. The bread continues to cook and set as it cools. Slicing too early will result in a gummy, crumbly mess.

- Storage: Store the bread in an airtight container in the refrigerator for up to 5 days, or slice and freeze for up to 3 months. Toasting slices straight from the freezer works beautifully.

Nutrition Information

Please note that the following nutrition information is an estimate and will vary based on the specific ingredients and portion sizes used. This analysis is for the base recipe without optional add-ins.

Per Serving (1 slice, 1/12 of recipe):

- Calories: 185 kcal

- Total Fat: 15g

- Saturated Fat: 4g

- Cholesterol: 85mg

- Sodium: 180mg

- Total Carbohydrates: 5g
- Dietary Fiber: 3g
- Net Carbohydrates: 2g
- Total Sugars: 1g
- Protein: 7g