

7 INCREDIBLE KETO & LOW CARB BREADS

Fast, simple, delicious, and versatile



THE KETO KING AKA THE BANTING BOSS

Hello,

Thank you for downloading this collection of recipes. I hope you'll find them as useful and helpful as I have. I've spent countless hours testing hundreds of recipes, and these are the best and easiest bread recipes that fit a ketogenic or low-carb lifestyle. Each of these recipes is different in both method of cooking and ingredients used, so hopefully everyone will find something they love, regardless of dietary or time restrictions.

Maintaining a ketogenic diet is difficult, and my hope is that these great bread recipes will make it easier for you. I'm passionate about food and its effect on the body, and if there's any way I can help you on your journey or you just want to reach out, please email me at email@theketokingakathebantingboss.com. Also, please share this recipe book with any friends that could use it. Thanks and enjoy!

Sincerely,

The Keto King



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MICROWAVE MUG BREAD

by The Keto King

Ingredients

- 1 egg
- 1 tbsp. coconut flour
- 1/4 tsp. baking powder
- 1 tbsp. butter

PREPARATION: 1 MIN

COOKING: 1.5 MIN

READY IN: 2.5 MIN

Directions

1. Crack your egg into a microwave safe ramekin or glass mug and beat it with a fork.
2. Add 1 tbsp. of coconut flour and 1/4 tsp. of baking powder to the egg, then microwave about 1 tbsp. of butter in a separate microwave safe dish and add it to the mixture. Then mix it well with the fork. The mixture should be fairly thick.
3. Pop the dish into the microwave for 90 seconds and be careful when removing it as it will be hot. If the bread doesn't fall right out when you flip your dish over, pull the sides away with a fork or butter knife and your bread should come right out. Cut it in half and trim the sides if necessary.

Tip: Pop your sliced bread into the toaster until it's golden brown. You can also add garlic and herbs to this bread for a different flavor.

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MICROWAVE FLAX BREAD

by The Keto King

Ingredients

- 1 tbsp. butter
- 1 large egg
- 4 tbsp. ground flaxseed
- 1/2 tsp. baking powder

Directions

1. Add 1 tbsp. of butter to a microwave safe ramekin and melt it in the microwave (10-20 seconds). Crack your egg into the dish with the butter and beat it with a fork.
2. Add 4 tbsp. of ground flaxseed, 1/2 tsp. of baking powder, and a pinch of salt. Then mix it well with the fork. The mixture should be very thick, so shake the dish around a bit to even it out.
3. Pop the dish into the microwave for 2 minutes and be careful when removing it as it will be hot. If the bread doesn't fall right out when you flip your dish over, pull the sides away with a fork or butter knife and your bread should come right out. Cool it on a rack and cut it in half.

PREPARATION: 1 MIN

COOKING: 2 MIN

READY IN: 3 MIN

Tip: Pop your sliced bread into the toaster and smear on some marmalade, top with cheese, and melt.



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MICROWAVE ENGLISH MUFFIN

by The Keto King

Ingredients

- 1 tbsp. unsalted butter
- 2 tablespoons almond butter (or other nut butter)
- 2 tbsp. almond meal or almond flour
- 1/2 tsp. baking powder
- salt to taste
- 1 tbsp. unsweetened almond milk
- 1 large egg

PREPARATION: 2 MIN

COOKING: 1 MIN

READY IN: 3 MIN

Directions

1. Add 1 tbsp. unsalted butter and 2 tbsp. nut butter into a ramekin and microwave for 30 seconds, then mix with a fork until smooth.
2. In another dish, add 2 tbsp. of almond meal or almond flour and 1/2 tsp. of baking powder and salt to taste (or leave out salt). Then add 1 tbsp. unsweetened almond milk and 1 large egg. Mix well with a fork. Then add butter mixture and mix very well. The consistency should be fairly runny.
3. Add the mixture to two small, round ramekins and microwave for 1 minute each. Cut each muffin in half and pop them into the toaster until the outside is crunchy and the inside is still soft.

Tip: Always allow your bread to dry on a rack to prevent sogginess

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SUPER SEED BREAD

by The Keto King

Ingredients

- 2/3 cup whole psyllium husk
- 1/4 cup chia seeds
- 1/4 cup pumpkin seeds
- 1/4 cup hemp or sunflower seeds
- 2 tbsp. ground sesame seeds or ground flaxseeds
- 1 tsp. baking powder
- 1/4 tsp. salt
- 3 tbsp. coconut oil
- 1 1/4 cups liquid egg
- 1/2 cup unsweetened almond milk

PREPARATION: 15 MIN

COOKING: 70 MIN

READY IN: 85 MIN

Directions

1. In a large mixing bowl, add all dry ingredients and mix well. You can make your own ground sesame seeds by blending them until they're a fine powder.
2. Melt the coconut oil in the microwave (about 30 seconds), add it to the dry mixture and stir well. Then add 1 1/4 cups liquid egg whites and 1/2 cup unsweetened almond milk. Mix well and let the mixture stand for 10-15 minutes while you preheat your oven to 325° F.
3. Wet some parchment paper under warm water and shake it off, then press it into a 9" x 5" bread tin. Add your mixture and press it into the edges of the tin. You can also add some extra seeds to the top of the mixture here. Trim the excess parchment paper and put it in the oven for 70 minutes.
4. Slice the entire loaf and let cool on drying rack. This bread can deflate if not cut as soon as possible and left to cool on a rack.

Tip: You can use a thermometer to make sure your bread reaches close to 215° F internally.



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FANTASTIC BREAD

by The Keto King

Ingredients

- 1 cup almond flour or almond meal
- 4 tbsp. whole psyllium husk
- 2 tsp. baking powder
- 1/2 tsp. salt
- (optional) small handful almond slivers
- (optional) small handful crushed walnuts
- 6 large eggs
- 1 cup full-fat yogurt

PREPARATION: 15 MIN

COOKING: 55 MIN

READY IN: 70 MIN

Directions

1. Add the dry ingredients in a large mixing bowl and stir. The nuts are optional or can be substituted for other types of nuts if you like.
2. Crack 6 large eggs into a separate mixing bowl, add one cup full-fat yogurt, and mix well with a hand blender. Add the dry mixture and mix thoroughly with a hand blender. Let stand for 10-15 minutes while you preheat your oven to 350° F.
3. Rinse parchment paper under warm water and shake it off before squeezing it into your baking tin, then add your mixture to the tin and press it into the sides. You can add nuts like almonds, sesame seeds, and pumpkin seeds to the top of the loaf and pop it into the oven for 55 minutes. Pull the bread out when finished and let it cool on a rack.

Tip: Stick a kebab stick or toothpick into your bread when you think it's ready. If the stick is wet or something sticks to it, cook a bit longer until it comes out dry.



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EASY BREAD

by The Keto King

Ingredients

- 6 large eggs
- 2/3 cup almond flour or almond meal
- 1/3 cup coconut flour
- 3 tbsp. coconut oil
- 1/2 cup unsalted butter
- 2 tbsp. baking powder
- 1 tsp. salt
- butter or an olive oil spray

Directions

1. Crack 6 large eggs into a food processor or mixing bowl and blend well. Then add the almond flour or almond meal and the coconut flour.
2. Melt the coconut oil and butter in the microwave and add it to the mix. Then add the salt and baking powder and mix or blend everything thoroughly. Let stand for 10-15 minutes so the mixture thickens while you preheat your oven to 350° F.
3. Coat a 9" x 5" baking tin with butter or an olive oil spray and add your thickened mixture to the tin. Pop the tin into the oven and bake for 40 minutes. Pull the bread out when it turns a golden brown on top and let it cool on a rack.

PREPARATION: 15 MIN

COOKING: 40 MIN

READY IN: 55 MIN

Tip: Slice a loaf of this bread and store it in the freezer so you'll always have healthy bread if a craving hits!

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HAMBURGER BUNS

by The Keto King

Ingredients

- 3/4 cup almond flour or almond meal
- 1/4 cup coconut flour
- 1/4 cup flaxseed meal
- 1/6 cup psyllium husk powder
- 1 tsp. onion powder
- 1 tsp. baking powder
- 1/2 tsp. salt (to taste)
- 4 eggs
- 1 tsp. apple cider vinegar
- 1 cup water
- un-toasted sesame seeds

PREPARATION: 15 MIN

COOKING: 50 MIN

READY IN: 65 MIN

Directions

1. Add all dry ingredients to a mixing bowl and stir and preheat your oven to 350° F. .

2. Remove the yolk from 3 of the eggs by cracking them and keeping the yolk in the larger half of the cracked egg. Pour the yolk back and forth between the halves until the white has all run out. Liquid egg whites from a carton will not work for this recipe. Add one whole egg and 1 tsp. apple cider vinegar. Whisk the eggs and vinegar and add them to the dry ingredients. Stir everything and add 1 cup of water before mixing with a hand blender for no more than 15 seconds, then fold it back and forth to prevent air pockets.

3. Cover a baking pan with parchment paper and scoop out 5 evenly sized mounds of dough. Shape them into hamburger buns and cover with sesame seeds. Pop them into the oven for 50 minutes.

Tip: Press seeds or nuts you put on top of bread into the dough lightly with a spatula to keep them there.

I hope you enjoyed the recipes!

Please send me an email at
email@theketokingkathebantingboss.com
and let me know what struggles and
successes you've had on your keto
journey. I'm looking forward to hearing
from you!

THANK

YOU