

Gluten Free Keto Friendly Almond Flour Bread 2

Posted At : January 8, 2017 7:15 PM | Posted By : Jason

Related Categories: almond flour, Gluten Free Cooking, Low Carb, Cooking, Keto Cooking, How To's, Gluten Free Keto Cooking



Here is a recipe for Almond Flour bread, which is Low carb, Keto friendly and if you use the correct ingredients it can also be Gluten Free bread as well. In this recipe, I used blanched almond flour and the blanched almond flour is a lot better than the un-blanched flour.

Ingredients:

- 1.5 cups **Almond Flour**
- 6 eggs seperated
- 1/4 - 1/2 tsp **Cream of tartar**
- 3-4 tsp **Baking Powder**
- 4 or so Tbsp of butter

Directions:

- Preheat the oven to 375 degrees
- Oil a **8x4 inch loaf pan**
- Take the almond flour and put it into a **Ninja blender** or a **food processor**
- Then add the **Baking Powder** and the butter.
- Blend for a bit until it becomes well combined.
- add the **Cream of tartar** to the egg whites
- Using a **Kitchen Aid Mixer** or a **handheld mixer** beat the egg whites until they form stiff peaks.
- Add 1/4 to 1/3 of the egg whites to the dough and mix for a while.
- Remove the dough into a **mixing bowl** using a **rubber spatula**
- Fold the remainder of the egg whites into the bread dough using the **rubber spatula**
- Add the dough mixture to the greased **8x4 inch loaf pan** and put into the oven for 30 minutes
- Take the bread out of the oven and use a toothpick to the center to make sure that it is done (by verifying that it comes out dry).
- Let cool for a few minutes then remove from the loaf pan and cut.

Here is a video of all of this:

