

RECIPE

Keto Farmer's Bread



Ready in **2 hours**

Serves **12 servings**

33 calories, 1 g carbs, 4 g fiber, 2 g protein

Ingredients

2 cups Quark (or Cottage Cheese, well drained)

4 Eggs

1 cup Oat Fiber

½ cup Ground Psyllium Husk Powder

1 ½ tablespoon Baking Powder

½ cup Boiling Water

2 tablespoons Vinegar

Salt

Optional: up to 1 tablespoon herb/spice mix (garlic, rosemary, basil, oregano, etc.)

Preparation

1. **Beat eggs & dash of salt** until very fluffy: 5 - 10 minutes.
2. **When eggs are very fluffy, add the Quark or Cottage Cheese.** Mix until evenly distributed (don't overbeat)
3. **In a separate bowl, mix all the dry ingredients:** Oat Fiber, Ground Psyllium Husk & Baking Powder
4. **Add dry ingredients to egg/cheese mixture.** Mix well until crumbly texture and all ingredients are incorporated.
5. **Add vinegar to water,** and bring to a boil.
6. Add boiling water/vinegar mixture to the dough and mix well. Let sit for 15 - 20 minutes.
7. **Preheat oven to 310 F.**
8. **Remove dough from bowl** and hand shape it into bread loaf on a baking sheet

or pan. Sprinkle a little oat fiber on top to dust. Make a few angled knife marks along the top of the loaf.

9. **Place in oven and bake for 90 - 100 minutes.** Remove from oven and cool completely before slicing. Can be frozen in slices and taken out individually.

Tips

Oat Fiber is NOT the same as oat bran. The only place I could find it was online - best price on Amazon. You can make your own Quark if you can't find it or just drain cottage (farmers) cheese for about an hour before using.