**LCHF BREADS**

(May sub sugar for sweeteners, but suggest starting with ½ - 2/3 of amount recommended.)

**Seed and Nut Sandwich Bread** (the best taste, IMO)
Ingredients:

• 1.5 cup almond meal
• 6 Tbsp sunflower seeds
• 6 Tbsp pumpkin seeds
• 4 Tbsp chia seeds
• 3 Tbsp flax seeds
• 1/3 cup almonds
• 3 Tbsp coconut flour
• 1 tsp baking soda
• 1/2 tsp baking powder
• 3 eggs
• ¾ cup almond milk (or 1/3 volume water, 2/3 milk)
• 1/3 cup olive oil
• 1 Tbsp apple cider vinegar
• 3/4 teaspoon salt

Directions:

Preheat the oven to 350°F.

Mix the pumpkin, sunflower, flax and chia seeds in a bowl.

Place the almonds in a food processor and pulse a few times.

Add the remaining seeds and pulse until coarsely ground.

Add the almond meal, coconut flour and baking soda and pulse until combined.

Add the eggs, almond milk, olive oil, vinegar and ½ teaspoon of salt and process until well combined.

Allow the batter to rest for about 5 minutes to ensure the moisture is absorbed by the coconut flour.

Line an 8'' x 4'' loaf pan (or silicon pan) with parchment paper or donut pan for bagels.

Pour the mixture into the pan and smooth it out with a spatula.

Bake for 40-45 minutes, or until the bread is golden-brown and a metal skewer or knife inserted in the center comes out clean. \*\* My favorite is to use a donut pan. Bagels bake x 18-20 min.

Remove from the oven and let cool completely.

Remove the bread from pan. It does turn green within hours, due to sunflower seeds.

Wrap the cooled bread in foil or plastic wrap, or place it in a plastic bag and store in refrigerator for up to 5 days. Best to freeze once cooled.

Source: <http://paleogrubs.com/seed-and-nut-sandwich-bread>

**Apple Cinnamon Spice Muffins**
Ingredients:

• 1 1/2 cups super fine almond flour
• 1/2 cup coconut flour
• 1/2 cup granulated sweetener
• 2 teaspoon baking powder
• 1/2 tsp baking soda
• 3 teaspoons ground cinnamon
• 1/2 teaspoon sea salt

• 1/4 cup butter or coconut oil melted
• 1 cup full-fat yogurt or sour cream
• 4 extra large (? 5 large/medium) eggs
• 1/4 cup unsweetened cashew milk (or milk of choice)
• 1 teaspoon vanilla extract
• 1 Granny Smith apple - seeded, and finely diced

+/- ¼-1/2 tsp xanthan gum

Directions:

Preheat oven to 350º Fahrenheit. Prepare a muffin pan by lining it with muffin papers or spraying lightly with coconut oil.

In a medium bowl, whisk together the almond flour, sweetener, baking powder, cinnamon, and salt until well blended. Whisk in the butter or coconut oil.

In a separate bowl, whisk together the eggs, milk and vanilla extract.

Pour egg mixture into the dry ingredients and stir together. Stir in diced apple.

Spoon batter into the prepared muffin pan, filling each 2/3 to 3/4 of the way full.

Bake for 25 to 30 minutes or until a toothpick comes out clean.

Allow to cool 5 minutes in the pan, then remove from the baking pan and allow to finish cooling on a cooling rack. Refrigerate or freeze once cooled.

Adapted from: <http://simplysohealthy.com/low-carb-cinnamon-apple-spice-muffins/>

**Katherine's Waffles**

Makes: 7 large round

Ingredients:

• 6 eggs
• 1.5 cups almond flour
• 1/4 c coconut flour
• 1 tsp baking soda
• 1.5 tsp baking powder
• 1/2 tsp salt
• 1 tsp cinnamon

• 1/4 cup melted butter
• 4 oz cream cheese, room temp.
• 1 cup fizzy water (supposed to be fluffier)
• 1/2 c cream
• 1 tsp vanilla
• 2 Tbsp chia seeds, ground

Directions:

Beat eggs well. Add cream cheese and keep beating. Add rest of wet. Mix dry ingredients together (even slightly in same bowl), then mix all. Let batter sit for a couple minutes. About 3/4 c batter makes 1 round waffle.

**Combo Crepes**

Makes: ~30 small-medium crepes

Ingredients:

• 8 ounces cream cheese, softened
• 9 large eggs
• 1/2 cup almond flour
• 2 Tbsp coconut flour
• 1 Tbsp avocado oil
• 3/4 cup unsweetened cashew milk
• 40 g parmesan cheese, grated
• 1/8 tsp salt
• 1/3 tsp xanthan gum
• 1 Tbsp ground chia

Notes:

Maybe 10 eggs, 3 Tbsp coconut flour and 2 Tbsp avocado oil. Up to 1 cup cashew milk.

Directions:

Soften cream cheese in microwave, about 15-20 sec each side (depending on your power). Put eggs, cream cheese, milk and parmesan in Vitamix. Blend. Add dry ingredients -- mixing xanthan gum into one of the flours before blending.

Let batter sit a few minutes.

Bring pans to temp and grease. I use melted coconut oil.

Using 1/4 cup measuring cup, put about 3 Tbsp batter on pan and roll pan to spread. Wait until dry on top and edges slightly brown. Loosen edges all the way around with a spatula before going for the flip. Cook other side for about 30 seconds. Enjoy!

Adapted from: <https://alldayidreamaboutfood.com/low-carb-almond-flour-cream-cheese-crepes/>

And: https://www.lowcarbmaven.com/no-fail-low-carb-crepes/

**Cinnamon Rhubarb Muffins**

Ingredients:

• 1 1/2 cup almond flour
• 1/2 cup coconut flour
• 1/3 - 1/2 cup sweetener
• 3 teaspoon baking powder
• 2 teaspoon cinnamon
• 1/2 teaspoon baking soda
• 1/2 teaspoon kosher salt

• 1 cup sour cream
• ½ cup butter, melted
• 4 large eggs
• 1 teaspoon vanilla extract
• 2 cup diced rhubarb

Directions:

Preheat oven to 350°F. Line or grease 12 muffin pan.

In large bowl, mix together almond flour, coconut flour, granular sweetener, baking powder, cinnamon, baking soda, and salt.

In medium bowl, whisk together sour cream, butter, eggs, vanilla until smooth.

Gently stir the sour cream mixture into the dry mix just until incorporated with rubber spatula to form thick batter. Stir in rhubarb

Divide batter among muffin cups.

Bake muffins until browned and inserted toothpick comes out clean, about 20 minutes.

Allow muffins to cool on rack in pan for 10-15 minutes before removing.

Serve warm. Leftovers should be refrigerated or frozen.

Adapted from: <https://lowcarbyum.com/cinnamon-rhubarb-muffins-gluten-free/>

**Blueberry Muffins**
Makes: 18 muffins

Ingredients:

Cream Together
• 1/2 cup (4 oz) butter, very soft
• 1/2 cup (4 oz) cream cheese, very soft
• 1 teaspoon vanilla
• 3 tsp zest
• 2 T lemon juice

• 6 large eggs
• 1/2 cup heavy cream

Dry Ingredients
• 1 cup (100 g) coconut flour
• 1/4 - 1/3 cup sweetener
• 2 teaspoon baking powder
• 1/2 teaspoon salt
• 1/2 teaspoon cinnamon
• 1/4 teaspoon xanthan gum (binds ingredients)

• 2/3 - 3/4 cup blueberries

Directions:

Preheat oven to 350°. Position oven rack to the lower third of the oven. Grease 18 muffin spots; silicon pans work great. Add the dry ingredients together in a smaller bowl and whisk together to combine and break up any lumps.

Combine:

In a medium bowl, cream the butter, cream cheese, and vanilla together until light and fluffy. Add eggs, then cream. Gradually add in dry ingredients. Fold in the blueberries.

Fill pans. Knock down any peaks with your finger. May sprinkle about ¼ teaspoon of Swerve granulated over the top of each muffin to help prevent burning and to give the muffins a nice look. (Or cover with foil for last 10-15 min of bake time.)

Place the muffins into the oven. Bake at 350° for about 25 - 30 min. They’re ready when they feel firm when lightly pressed with a finger, but still sound a little moist. I check with a toothpick. Remove from the oven and let cool five minutes before gently removing from the pan and placing on a cooling rack.

Source: <http://peaceloveandlowcarb.com/blueberry-muffins-low-carb-and-gluten-free/>

**Paleo Banana Bread** (excellent)

Ingredients:

• 4 bananas, (2 1/2 cups mashed, suggest measuring)
• 4 eggs
• 1/2 cup almond butter (or coconut, sunflower seed, macadamia nut, etc butter)
• 1/4 cup butter, melted (can substitute coconut oil)
• 1/2 cup coconut flour
• 1 tablespoon cinnamon
• 1 teaspoon baking soda
• 1 teaspoon baking powder
• 1 teaspoon vanilla
• 1/4 - 1/2 tsp sea salt
• 1/4 - 1/2 c chopped nuts

85% chocolate, chopped

Directions:

Preheat your oven to 350 degrees fahrenheit

Combine your bananas, eggs, and nut butter, and butter in a blender, food processor, or mixing bowl and mix well (if using a mixing bowl you need a good hand-mixer)

Once all of your ingredients are blended, add in your coconut flour, cinnamon, baking soda, baking powder, vanilla, and sea salt and mix well

Pour your batter in a silicon pan, after greasing with coconut oil.

\*\* I prefer muffins or small loaves, as they bake better. Mini muffins bake approximately 25 mins and normal size muffins 30-35 minutes.

For loaves, if you want to risk unbaked, place in your preheated oven and bake for 45 - 50 minutes or until a toothpick inserted into the center comes out clean

Remove from oven and flip your bread out onto a cooling rack.

Variations

Cranberry Orange - Only use 3 tablespoons of butter. Add zest of one whole orange diced, juice of one whole orange, and1 cup dried cranberries or fresh if you want

Chocolate Blueberry - Add 1 cup of fresh blueberries and 1/2 cup of cocoa powder

Pumpkin Pecan - Reduce the almond butter to 1/4 cup and add 1/2 cup of pumpkin puree and 1 cup of roughly chopped pecan pieces.

Source: <http://civilizedcavemancooking.com/recipes/desserts/paleo-banana-bread/>

**Paleo Pumpkin Muffins**

Ingredients:

• 1 cup almond flour
• ½ cup coconut flour
• 1 teaspoon baking soda
• ¼ teaspoon salt
• 1 Tbsp pumpkin pie spice

• 3 eggs, lightly beaten.
• 1 cup canned pumpkin puree
• 3 Tablespoons melted coconut oil
• 1 teaspoon vanilla extract
• 1 Tbsp maple syrup (optional)
• ¼ cup chopped pecans

Directions:

Preheat oven to 350° F and grease 12 muffin cups.

In a mixing bowl, whisk together the almond flour, coconut flour, baking soda, salt, and pumpkin pie spice.

Add the eggs, pumpkin, coconut oil, vanilla, and syrup. Mix until combined.

Spoon into 12 muffin cups and sprinkle the chopped pecans and additional pumpkin pie spice on top.

Bake for 20 – 25 minutes until a toothpick comes out clean.

Transfer to a wire rack to cool. Refrigerate or freeze leftovers.

Source: <http://glutenfreehomemaker.com/paleo-pumpkin-muffins/>

**Pumpkin Scones with Cinnamon Glaze**

Makes: 12 scones

Ingredients:

Scones:

• 1 cup pumpkin
• 2 1/2 cups almond flour (2 cups)
• 1/3 cup Coconut flour (1/2 cup)
• 1/3 cup (- 1 Tbsp) Swerve Sweetener
• 1 Tbsp baking powder
• 1 tsp cinnamon
• 1/2 tsp ginger
• 1/8 tsp cloves
• 1/4 tsp salt
• 1 cup chopped pecans
• 2 large eggs (+ 1 egg white)
• 1/4 cup butter, melted
• 2 Tbsp cream

Glaze:

• 2 Tbsp powdered Swerve Sweetener or other erythritol
• 1.5-2 Tbsp heavy cream
• 1/4 tsp cinnamon

Directions:

Preheat oven to 325F and line a baking sheet with parchment paper or a silicone liner.

Line a plate with two layers of paper towel and spread out pumpkin puree. Top with another two layers of paper towel and press to absorb excess liquid. Set aside.

In a large bowl, whisk together almond flour, coconut flour, erythritol, baking powder, cinnamon, ginger, cloves, and salt. Stir in chopped pecans.

Add pumpkin, eggs, melted butter and 2 tbsp cream and stir until dough comes together.

Turn out onto prepared baking sheet and pat into a rectangle about 1 inch thick (about 6 by 8 inches in size). With a sharp knife, cut rectangle into 6 even squares, and then cut each square into two triangles.

Gently lift scones and spread them around the baking sheet so they aren't touching. Bake 23 minutes, or until firm to the touch and lightly browned.

Remove and let cool on pan.

For the glaze, whisk together powdered erythritol (can powder any granulated sweetener in a coffee grinder), cream and cinnamon until smooth. Drizzle over cooled scones and let set 10 minutes.

\*\*\*Did 1/2 c coconut flour, 2 eggs + 1 white, 2 c almond flour. Just less Swerve. Didn't drain pumpkin. Changes in parentheses.

Source: <http://alldayidreamaboutfood.com/2013/08/pumpkin-scones-with-cinnamon-glaze-low-carb-and-gluten-free.html>

**Low Carb Cream Cheese Pumpkin Cupcakes**

Ingredients:

• 1 package cream cheese 8 ounce
• 2-3 Tbsp powdered erythritol
• 1 tablespoon coconut flour
• 1 egg
• 2-3 teaspoon orange or lemon zest

• 1 2/3 cups almond flour
• 1 1/2 teaspoon baking powder
• 1/2 teaspoon salt
• 1/2 teaspoon ground cinnamon
• 1/2 teaspoon ground cloves
• 1+ teaspoon pumpkin pie spice
• 1 cup pumpkin puree
• 1/2 cup melted coconut oil
• 5 eggs
• 1/3 cup powdered sweetener

Directions:

Preheat oven to 325 degrees F (165 degrees C). Lightly grease or spray two loaf pans.

In a medium bowl, combine cream cheese ingredients and beat until smooth. Set aside.

In a separate bowl, combine almond flour, baking powder, salt, cinnamon, cloves and pumpkin pie spice.

Place pumpkin, oil, eggs and sweetener in a large bowl; beat well. Stir the pumpkin mixture into the flour mixture just until combined.

Cupcakes: generous tablespoon of pumpkin mixture, then cream cheese mixture, then pumpkin mixture. Makes 12 large cupcakes. Bake 30-35 min.

Loaves: Pour 1/4 of the pumpkin batter into each loaf pan. Spoon cream cheese mixture on top of this layer and then pour about 1/4 batter over each cheese layer.

Bake in preheated oven for 50 to 60 minutes, or until a toothpick inserted into center of the loaf comes out clean. Cool bread in pans for 10 minutes before removing to a wire rack to cool completely.

Source: <https://lowcarbyum.com/low-carb-gluten-free-cream-cheese-filled-pumpkin-bread/>

**Fat Head Pizza - The Holy Grail**
Makes: Serves: 6 slices

Ingredients:

• 170g pre shredded/grated cheese (mozzarella is the best or Edam/mild cheese)
• 85g almond flour/meal
• 2 Tbsp cream cheese
• 1 egg
• +/- salt to taste
• ½ tsp dried rosemary/ garlic or other flavourings (optional)
• your choice of toppings such as pepperoni, peppers, cherry tomatoes, olives, ground/mince beef, mushrooms, herbs etc

Directions:

Mix the shredded/grated cheese and almond flour/meal in a microwaveable bowl. Add the cream cheese. Microwave on HIGH for 1 minute.

Stir then microwave on HIGH for another 30 seconds.

Add the egg, salt, rosemary and any other flavourings, mix gently.

Place in between 2 baking parchment/paper and roll into a circular pizza shape.

Remove the top baking parchment. If the mixture hardens and becomes difficult to work with, pop it back in the microwave for 10-20 seconds to soften again but not too long or you will cook the egg.

Make fork holes all over the pizza base to ensure it cooks evenly.

Place the baking sheet with the pizza base on a baking tray or pizza stone, and bake at 220C/425F for 12-15 minutes, or until brown.

To make it really crispy and sturdy, flip the pizza over once the top has baked to a golden colour. I turn the pizza onto the baking parchment I used to roll out the pizza base, then slide it back onto the baking tray lined with baking parchment.

Once cooked, remove from the oven and add all the toppings you like. Make sure any meat is already cooked as this time it goes back into the oven just to heat up the toppings and melt the cheese. Bake again at 220C/425F for 5 minutes.

Nutritional Info:

Serving size: 1 slice (base only) Calories: 203 Fat: 16.8g Carbohydrates: 4g Sugar: 1g Fibre: 1.6g Protein: 11g

Source: <http://www.ditchthecarbs.com/2015/04/23/fat-head-pizza/>

SnapGuide **Low Carb Biscuits** (excellent)

Ingredients:

• 1½ Cups Almond Flour
• ¼ Teaspoons Salt
• 1 Tablespoon Baking Powder
• 2 Eggs
• ⅓ Cups Sour Cream
• 4 Tablespoons Butter (melted)
• ⅓ Cups Shredded Cheese (optional)
• ½ Teaspoons Garlic Powder

Directions:

Mix dry, mix wet. Combine. Shape into biscuits or cook in a muffin tin.

Bake 400F x 10 - 12 min.

Source: <https://snapguide.com/guides/make-low-carb-biscuits/>

**Grain-Free Red Lobster Biscuits**
Yields 6 large

Ingredients:

• 1/2 cup plus 1 tbsp. blanched almond flour
• 4 tbsp. coconut flour
• 2 tsp. baking powder
• 1/2 tsp. garlic powder
• 1/2 tsp. salt (omit?)
• 1/2 cup fresh grated Parmesan cheese
• 1/2 cup sour cream
• 2 egg, cold
• 1 cup sharp cheddar cheese, grated (around 2 oz)
• 4 tbsp. butter, softened (I used salted)

\*\*\*Finish with Salted butter & dried or fresh parsley (optional)

Directions:

Preheat oven to 350 degrees F.

In a medium bowl, mix dry ingredients. Then add remaining ingredients and mix with a wooden spoon or spatula until well blended. Use medium scoop (3 tbsp.) to scoop out dough onto un-greased cookie sheet lined with parchment paper (or not, see notes above). Space 2-3 inches a part.

Bake for 16-20 minutes or until biscuits have slightly browned on the bottoms and tops. Once out of oven, smear a bit of salted butter and sprinkle with a little parsley. Best served warm.

Double = 18 small biscuits, 1/4 tsp salt total

Source: <http://satisfyingeats.com/breads/cheesy-cheese-garlic-biscuits/>

**2- Minute Low Carb English Muffin** (great for eggs with hollandaise sauce)

Ingredients:

• 1.5 Tbsp unsweetened cashew (or almond or pumpkin seed) butter
• 1.5 Tbsp butter
• 2 Tbsp almond flour
• 1/8 tsp salt
• 1/2 tsp baking powder
• 1 Tbsp unsweetened almond milk (or similar)
• 1 egg, beaten

Directions:

Spray the ramekin you are using with olive oil cooking spray or coconut oil spray.

Add the almond butter and butter to the dish. Microwave for 30 seconds and mix until smooth. Set aside to cool.

In a small bowl whisk the almond flour, salt and baking powder together.

Pour the milk and egg to dry ingredients and stir until combined.

Pour this mixture into two small ramekins with the almond butter mixture and stir to combine well.

Microwave ramekins at same time x 2 minutes.

Allow to cool a few minutes before taking it out of the ramekin and slicing in half to toast.

Toast until desired.

Source: <http://www.sugarfreemom.com/recipes/2-minute-low-carb-english-muffin/>

### Keto Seed Crackers, Version 1

### Ingredients

* 1⁄3 cup [almond flour](https://www.dietdoctor.com/ingredients/almond-flour)
* 1⁄3 cup sunflower seeds
* 1⁄3 cup pumpkin seeds
* 1⁄3 cup flaxseed or chia seeds
* 1⁄3 cup sesame seeds
* 1 tbsp ground psyllium husk powder
* 1 tsp salt
* ¼ cup melted coconut oil
* 1 cup boiling water

### Instructions

1. Preheat the oven to 300°F (150°C). Mix all dry ingredients in a bowl. Add boiling water and oil. Mix together with a wooden fork.
2. Keep working the dough until it forms a ball and has a gel-like consistency.
3. Place the dough on a baking sheet lined with parchment paper. Add another paper on top and use a rolling pin to flatten the dough evenly.
4. Remove the upper paper and bake on the lower rack for about 45 minutes, check occasionally. Seeds are heat sensitive so pay close attention towards the end.
5. Turn off the oven and leave the crackers to dry in the oven. Once dried and cool, break into pieces and spread a generous amount of butter on top.

https://www.dietdoctor.com/recipes/keto-seed-crackers

**Keto Seed Bread**, version 2 (Brenda’s)

1 cup sunflower seeds

1/3 cup pumpkin seeds

1/3 cup sesame seeds

1 cup flax seeds

2 Tbsp psyllium husk powder

1 tsp salt

2 Tbsp olive oil

1 ½ cup boiling water

Mix seeds and salt. Mix in olive oil. Mix in boiling water.

Spread all on a cooking sheet, on parchment paper. Bake 300F for 45 min.

**Golden Keto Sesame Bread**

Ingredients

* 4 eggs
* 7 oz. cream cheese
* 4 Tbsp olive oil (can sub 1 Tbsp sesame oil or one of the olive oil Tbsp.)
* 1 cup [almond flour](https://www.dietdoctor.com/ingredients/almond-flour)
* 2 Tbsp ground psyllium husk powder
* 1 tsp salt
* 1 tsp baking powder
* 1 tbsp sesame seeds
* sea salt (optional)

### Instructions

1. Preheat oven to 400°F (200°C).
2. Beat eggs until fluffy. Add cream cheese and oil. Combine well.
3. Add remaining ingredients except for the sesame seeds.
4. Spread the dough in a baking tray (9" x 5" or 23 x 13 cm) greased with butter or lined with parchment paper.
5. Let stand for 5 minutes. Brush with olive oil and sprinkle with sesame seeds and a touch of sea salt. Bake for about 30 minutes or until golden brown on top and not doughy in the middle.

### Tip!

You can store the bread in the fridge for 2-3 days or slice it and freeze for later use. Reheat on low temperature in the oven or microwave. You can even use the toaster for additional crispiness.

<https://www.dietdoctor.com/recipes/golden-keto-sesame-bread>