

# EASY LOW CARB BREAD RECIPE (ALMOND FLOUR BREAD)

This keto almond flour bread may be the best low carb bread recipe yet! The texture is just like wheat bread. Gluten-free, paleo, and only 5 INGREDIENTS.

**Prep Time** 10 minutes  
**Cook Time** 1 hour  
**Total Time** 1 hour 10 minutes

**Servings** 18 1/2" thick slices  
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## INGREDIENTS

- 2 cup Wholesome Yum Blanched Almond Flour
- 1/4 cup Psyllium husk powder
- 1 tbsp Gluten-free baking powder
- 1/2 tsp Sea salt
- 4 large Eggs (beaten)
- 1/4 cup Coconut oil (measured solid, then melted)
- 1/2 cup Warm water

## INSTRUCTIONS

1. Preheat the oven to 350 degrees F (177 degrees C). Line the bottom of an [8x4 in loaf pan](#) with parchment paper.
2. In a large bowl, stir together the almond flour, psyllium husk powder, baking powder, and sea salt.
3. Stir in the eggs and melted coconut oil, then finally the warm water. Try to mix it well to create air bubbles.
4. Transfer the batter to the lined baking pan. Smooth/press the top evenly with your hands, forming a rounded top.
5. Bake for 55-70 minutes, until an inserted toothpick comes out clean and the top is very hard, like a bread crust. (Important: It will pass the toothpick test before it's completely done, so make sure the top is very crusty, too.) Cool completely before removing from the pan.

## RECIPE NOTES

**Serving size:** 1 slice (1/2" thick)

This recipe was originally made in a 9x5 loaf pan, but [I now recommend this size instead](#) - it makes a taller loaf.

**Video Showing How To Make Low Carb Bread with Almond Flour:**

## NUTRITION INFORMATION PER SERVING

Calories: 123 | Fat: 10g | Total Carbs: 5g | Net Carbs: 2g | Fiber: 3g | Sugar: 1g | Protein: 4g

Nutrition facts are provided as a courtesy, sourced from the USDA Food Database. Net carb count excludes fiber, erythritol, and allulose, because these do not affect blood sugar in most people. We try to be accurate, but feel free to make your own calculations.

NATURAL GLUTEN-FREE LOW CARB RECIPES



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