



“Freshly Baked!”

12 Homestyle Easy-To-Prepare

Keto Bread Recipes

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One of the most warming and comforting aromas to come from a kitchen is the smell of baking bread. You may think that these fresh-baked goodies can't be consumed when following a Keto plan, but you would be wrong, and this collection of recipes is here to prove it!

It's well known that emotions of 'well-being' and a sense of comfort can be formed from aromas of bread. It can accompany many dishes, make the perfect addition to a holiday table spread, and is lovely to share between friends and family.

We have put together this set of recipes to give you the most choice for all occasions. Whether you desire freshly baked bagels for breakfast, tortillas for taco night, or sweet chocolatey bread to satisfy your cravings, we have you covered.

Also, you don't need to worry about waste - all of our bread recipes can be stored in the freezer so you can make a batch, divide and wrap, for portions to be defrosted at the last minute. Several recipes are just for one serving, so no need for long cook times - our famous '90 Second Bread" is included right here for you to find easily.

There are lots of different methods of making keto bread, giving different textures and results, so experiment and find some favorites. Fiber-rich bread is possible and our flaxseed loaf can provide a boost to your gut health and give you some welcome vitamins and minerals from a number of different seeds.

We have also given you some of the most popular breads, such as bagels and rolls, and there's even an Italian focaccia, rich with olive oil, to impress your friends. A sandwich loaf and picnic rolls are also provided to give you the basics.

So welcome warming crusts, soft doughs, and tasty bakes and fill your home with freshly baked aromas.

Konscious Keto

Picnic Rolls



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Servings: 6 servings



Time: 50 minutes

These rolls are perfect for loading with your favorite ingredients for lunch or as part of a picnic. They rise really well and can help with any cravings for a carb-filled bread roll. Store the rolls by wrapping them tightly in the freezer. Defrost and pop one in the oven when you desire an extra addition to a bowl of soup or warming casserole.



Ingredients:

- 1 cup water
- ¼ cup psyllium husk powder
- 1 ¼ cups of almond flour
- 1 tbsp ground flaxseed
- 2 tsp baking powder
- ½ tsp salt
- ¼ tsp garlic powder
- 2 tsp apple cider vinegar
- 3 egg whites
- 1 egg, beaten (to glaze)
- 2 tsp sesame seeds



Instructions:

1. Preheat the oven to 350°F and line a baking sheet with parchment paper.
2. Bring the water to a boil.
3. Mix the psyllium husk powder, almond flour, flaxseed, baking powder, salt, and garlic powder in a bowl.
4. Mix the apple cider vinegar and egg whites into the dry ingredients, and then pour in the hot water.
5. Mix quickly to create a dough.
6. If the dough is a little wet, you can leave it to sit for 5-10 minutes, as the psyllium husk will absorb more.
7. Using wet hands, if needed, shape into 6 rolls and place onto the baking sheet. Brush with beaten egg and sprinkle with sesame seeds.
8. Bake for 45-55 minutes or until risen. Check if they are cooked by knocking on the bottom of one roll to see if a hollow sound can be heard. If so, remove from the oven and place on a cooling rack.
9. Return to the oven for a further 5 minutes if more cooking is needed.

Tips:

- You could top these with Everything Bagel Seasoning for some extra flavor.
- These are great sliced and toasted with cheese.

Nutrition per Serving:

- Fat: 13.5g
- Total Carbs: 11.3g
- Fiber: 7.7g
- Sugar Alcohols: 0g
- Net Carbs: 3.6g
- Protein: 8.2g
- Calories: 187

Fluffy Cloud Bread





Servings: 4



Time: 30 minutes

This Fluffy Cloud Bread makes a tasty keto breakfast. Make a big batch up, ready to heat up in your toaster when you want a quick breakfast, snack, or sandwich. You can add your favorite keto toppings, like avocado or cream cheese, or just spread with some plain, salted butter.



Ingredients:

- 2 eggs
- 2 oz cream cheese, softened
- pinch of sea salt
- pinch of cream of tartar
- Optional toppings: cream cheese, avocado, or nut butter



Instructions:

1. Preheat the oven to 300°F and line a baking sheet with parchment paper.
2. Separate the egg whites from the egg yolks and place them in two separate bowls.
3. Using an electric mixer, beat the whites and cream of tartar until stiff peaks form.
4. In the other bowl, beat the yolks, salt, and cream cheese.
5. Carefully fold the egg whites into the cream cheese mixture.
6. Spoon the mixture onto the prepared baking sheet to form 4 circles.
7. Bake in the oven for about 20-30 minutes or until golden brown.
8. Spread cream cheese, nut butter, or smashed avocado on top of the bread, and enjoy!

Tips:

- If you make a big batch, store leftover bread in the fridge or freezer. Place parchment paper or paper towels between the pieces so that they don't stick together. Leftover cloud bread is best toasted.

Nutrition per Serving:

- Fat: 7.8g
- Total Carbs: 0.8g
- Fiber: 0g
- Sugar Alcohols: 0g
- Net Carbs: 0.8g
- Protein: 4.3g
- Calories: 89

Easy Almond Bread



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Servings: 12



Time: 40 minutes

Almond flour is low in net carbs, making this a perfect base to add to a keto bread. As a bonus, it is also an excellent source of vitamin E, so it's great for your skin. Its super soft texture will make it a classic keto recipe to keep, and it can be used as a staple bread for many dishes.



Ingredients:

- 1 cup almond flour
- ¼ cup coconut flour
- 2 tsp baking powder
- 1 tsp salt
- 3 tbsp psyllium husk powder
- 4 eggs
- ¼ cup coconut oil, melted
- ¼ cup warm water
- Optional: ¼ cup seeds or chopped nuts for topping



Instructions:

1. Preheat the oven to 350°F and line an 8x4 inch loaf pan with parchment paper, letting the paper come up over the edges.
2. Put all the dry ingredients, except for the seeds and nuts, in a bowl. Mix well.
3. Add the wet ingredients to the dry ingredients and mix well.
4. Place dough in the prepared loaf pan and top with seeds or nuts, if desired.
5. Bake for about 30 minutes or until golden brown.
6. Let the bread cool on a wire rack for at least 30 minutes. Lift bread from the loaf pan by pulling up on the parchment paper. Slice and enjoy!

Tips:

- To make sure the bread is done, prick with a knife or toothpick. If it comes out clean, the bread is ready.
- You can use this bread to make sandwiches or toast it and top it with almond butter for a light snack.

Nutrition per Serving:

- Fat: 11.3g
- Total Carbs: 6.9g
- Fiber: 5.3g
- Sugar Alcohols: 0g
- Net Carbs: 1.6g
- Protein: 4.3g
- Calories: 141

Sesame Bagel Bites





Servings: 5



Time: 30 minutes

These bagels are a great meal prep opportunity, as the recipe makes 5 servings so that you can heat leftovers on demand for future breakfasts or even snacks. The sesame seed coating provides a tasty crunch, giving you a real taste of bagels!



Ingredients:

- 1 cup almond flour
- 1 1/2 tsp baking powder
- 1/2 tsp xanthan gum
- 1 1/2 cups mozzarella cheese
- 4 oz cream cheese, divided
- 2 eggs, divided
- 1/4 cup sesame seeds



Instructions:

1. Preheat the oven to 425°F and line a baking sheet with parchment paper.
2. Whisk together the almond flour, baking powder, and xanthan gum in a bowl.
3. In a medium microwave-safe bowl, combine the mozzarella and 1 oz of cream cheese. Microwave for 1 minute, remove and stir, and then return to the microwave for an additional 30-60 seconds until the cheese is melted. Stir the cheese mixture again.
4. Add the almond flour mixture and one egg to the cheese mixture. Stir to combine as best you can. If you're having trouble fully incorporating the ingredients, use wet hands to knead the dough to combine fully.
5. Roll the dough into 10 equal-sized balls and cut the cream cheese into 10 small pieces. Press your finger into each dough ball, insert the cream cheese into the hole and cover with dough.
6. Add the sesame seeds to a small bowl. Beat the remaining egg in another small bowl.
7. Brush the egg wash over the bagel bites, then sprinkle or roll in the sesame seeds, then place it on the prepared baking sheet.
8. Bake for 10-15 minutes or until golden. Let cool a few minutes before eating.

Tip:

- You can experiment with other flavors and toppings, such as a cinnamon/erythritol blend, Everything Bagel Seasoning, or parmesan and asiago cheese!
- Store leftovers in the fridge and heat up in the microwave, if you like.
- This recipe makes 10 bagel bites, making one serving 2 bites.

Nutrition per Serving:

- Fat: 32.8g
- Total Carbs: 8.2g
- Fiber: 3.6g
- Sugar Alcohols: 0g
- Net Carbs: 4.6g
- Protein: 17.2g
- Calories: 385

Simple Sandwich Bread



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Servings: 16



Time: 1 hour and 10 minutes

This Keto Simple Sandwich Bread is a great recipe to try when searching for the perfect loaf to use for everyday dishes. You can slice and fill for sandwiches, toast, top with butter, nut butter, or avocado - or just top with a cooked egg and veggies for a simple breakfast.



Ingredients:

- 7 eggs, room temperature
- ½ cup coconut flour
- ½ cup melted butter (use ½ cup olive/coconut oil for dairy-free)
- ¼ tsp salt
- ¼ tsp baking powder
- ½ tsp xanthan gum



Instructions:

1. Preheat the oven to 350°F and line a loaf pan with parchment paper.
2. Crack the eggs into a bowl and whisk for a minute.
3. To the eggs, add coconut flour, butter, salt, baking powder, and xanthan gum. Mix until all ingredients are thoroughly combined.
4. Pour batter into the prepared loaf pan and smooth with a spatula.
5. Bake for 40-50 minutes or until fully cooked.
6. Cool and slice.

Tips:

- Store in the fridge for five days - or cool, slice, and keep up to two months in the freezer.

Nutrition per Serving:

- Fat: 9.79g
- Total Carbs: 1g
- Fiber: 0.5g
- Sugar Alcohols: 0g
- Net Carbs: 0.5g
- Protein: 3g
- Calories: 103

Easy Flaxseed Bread





Servings: 12



Time: 1 hour and 15 minutes

Flaxseed meal is a great low-carb, high-fiber base for keto baking, and if you would like to increase your fiber to boost your gut health, this is undoubtedly the best keto bread choice. Flaxseeds are also rich in Omega 3 fats which have been known to benefit heart health, so this is a super healthy bake.



Ingredients:

- 2 ½ cups flaxseed meal
- 1 tbsp baking powder
- ½ tsp salt
- 1 ⅓ cups water
- 2 tsp sesame seeds
- Optional, for serving: butter, avocado, cream cheese, nut butter



Instructions:

1. Preheat the oven to 400°F and line a 9x5 inch loaf pan with parchment paper. Spray the paper lightly with nonstick cooking spray.
2. Combine the flaxseed meal, baking powder, and salt in a large bowl. Stir in the water until a thick dough forms.
3. Transfer the dough to the prepared pan and gently press it down with your fingers. Sprinkle the top with sesame seeds.
4. Bake the bread in the oven for about 60 minutes or until it has risen and browned.
5. Cool in the pan for about 10-15 minutes, then transfer to a wire rack to cool completely before slicing.

Tips:

- Instead of sesame seeds, top with other keto seeds and/or nuts, such as pepitas or sliced almonds.

Nutrition per Serving:

- Fat: 9.3g
- Total Carbs: 8.5g
- Fiber: 6.1g
- Sugar Alcohols: 0g
- Net Carbs: 2.4g
- Protein: 6.1g
- Calories: 144

Quick and Easy Keto Tortillas





Servings: 8



Time: 15 minutes

Taco Night just got even better! Fill these Quick and Easy Keto Tortillas with all your favorite fixings. These tasty tortillas are the perfect vehicle for all your favorite flavors, from seasoned ground beef to spicy grilled chicken! They are gluten-free and low in carbs so that you can indulge guilt-free!



Ingredients:

- 3 tbsp coconut flour
- 1 cup almond flour
- 1 tsp baking powder
- 1 ½ tsp xanthan gum
- ¼ tsp salt
- 1 ½ tsp apple cider vinegar
- 1 egg
- 1 tbsp water



Instructions:

1. Add the dry ingredients to a food processor and blend until thoroughly combined.
2. Next, add apple cider vinegar to the running food processor. When it is evenly mixed, pour the egg into the mixture, followed by the water, and process until combined. The mixture will form a sticky ball once the ingredients are properly mixed.
3. Wrap the dough in a plastic film and knead it for a minute. Set the dough aside to rest for 10 minutes.
4. Separate the dough into eight equal-sized balls. Use a rolling pin to roll each ball between two parchment paper sheets until they are each about 5 inches in diameter.
5. Heat a skillet to toast the tortillas over medium heat. Add one tortilla to the skillet and cook for just 5 seconds. Flip and cook until slightly charred, about 20-30 seconds, watching carefully not to burn. Repeat with remaining tortillas.
6. Remove from the pan and serve immediately with your favorite stuffing, such as nitrate-free deli meats, ground beef, or grilled chicken.

Tips:

- If you don't have a food processor, you can hand mix the dough.
- Use this dough to make tortilla chips, if you like. Simply roll the dough out very thin and cut it into triangles. Bake for approximately 12-15 minutes in a preheated oven at 350°F.

Nutrition per Serving:

- Fat: 8g
- Total Carbs: 4.9g
- Fiber: 3g
- Sugar Alcohols: 0g
- Net Carbs: 1.9g
- Protein: 4g
- Calories: 103

90 Second Keto Bread





Servings: 1



Time: 2 minutes

This bread recipe is the perfect solution if you want something warm and comforting, but you are short on time! This is an excellent option for one fresh serving at a time with no leftovers. This bread makes a wonderful breakfast with a smear of cream cheese or nut butter or even a fantastic grilled cheese sandwich for lunchtime!



Ingredients:

- 3 tbsp almond flour (or you can substitute 1 tbsp plus 1 tsp coconut flour, if you prefer)
- 1 large egg
- 1 tbsp melted coconut oil (substitute butter, ghee, olive, or avocado oil)
- ½ tsp baking powder
- Pinch of salt



Instructions:

1. Combine all the ingredients in a microwave-safe bowl or rimmed dish.
2. Make sure to remove any air bubbles by tapping the dish/bowl gently a few times on the countertop.
3. Microwave for 90 seconds.
4. Eat plain or serve with your favorite nut butter, cheese, grass-fed butter, or cream cheese.

Tips:

- You can also bake this bread in a 375°F oven for about 10 minutes. Be sure to use an oven-safe ramekin or baking dish.
- If you like your bread to be a bit toastier, once cooked, remove it from the bowl and pop it in the toaster, and it will crisp up nicely!

Nutrition per Serving:

- Fat: 29.3g
- Total Carbs: 5.6g
- Fiber: 2.6g
- Sugar Alcohols: 0g
- Net Carbs: 3g
- Protein: 10.8g
- Calories: 320.2

Parmesan Sesame Bagels





Servings: 6



Time: 20 minutes

These bagels are made with mozzarella, which creates a soft and creamy dough and makes them utterly delicious, straight from the oven. You can fill them with any of your favorite keto veggies or ingredients to make a filling lunch or use them as a snack or accompaniment to a salad. They are also great toasted and simply spread with a little butter or cream cheese.



Ingredients:

- 1 ¾ cups of almond flour
- 1 tbsp baking powder
- ½ tsp xanthan gum, optional
- 2 eggs, lightly beaten
- 2 ⅓ cups of mozzarella cheese, shredded
- 3 oz cream cheese, cubed

For The Topping:

- 1 egg
- 1 tbsp sesame seeds
- 1 tbsp parmesan cheese, shredded
- Pinch of salt, or to taste



Instructions:

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. In a bowl, mix the almond flour, baking powder, xanthan gum and 2 eggs.
3. Place the mozzarella and cream cheese into a microwave-safe bowl and heat for 1 minute. Stir and then continue to microwave for short bursts until you have a smooth mix.
4. Stir the cheese mix into the almond flour mixture and stir well to create a smooth dough; add a splash of water if need be.
5. Knead briefly using oiled or wet hands, and create 6 rolls. Using the end of a wooden spoon, poke a hole through the middle of each roll to make the “bagel” shape, or use your finger.
6. Place the bagels onto the prepared baking sheet.
7. Beat the egg for the topping and brush over each of the bagels with a pastry brush.
8. Stir the sesame seeds, parmesan cheese, and salt together and sprinkle over the bagels.
9. Place in the oven and bake for 15-20 minutes or until browned and risen.
10. Cool on a baking sheet and enjoy with cream cheese, if desired.

Tips:

- Experiment with other toppings, such as Everything Bagel Seasoning or a cinnamon/erythritol mixture.

Nutrition per Serving:

- Fat: 36.7g
- Total Carbs: 9.3g
- Fiber: 3.8g
- Sugar Alcohols: 0g
- Net Carbs: 5.5g
- Protein: 22.3g
- Calories: 443

Rosemary and Garlic Focaccia



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Servings: 8



Time: 25 minutes

Focaccia is a traditional Italian bread that you don't have to miss out on when following a keto diet. You could use melted butter, as part of the topping, but source quality olive oil for an authentic taste. You can also add some chopped olives or sun-dried tomatoes to the topping for a flavor twist!



Ingredients:

- 3/4 cup almond flour
- 1/2 tsp salt
- 1 tsp baking soda
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1 egg
- 1 tsp apple cider vinegar
- 3 tbsp cream cheese
- 1 1/3 cups of mozzarella

For the Toppings:

- 2 tbsp olive oil (substitute ghee, melted butter, coconut, or avocado oil)
- 1 tbsp fresh rosemary needles
- 2 garlic cloves, crushed
- 1/4 tsp sea salt



Instructions:

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. Mix the almond flour, salt, baking soda, garlic powder, and onion powder in a bowl. Add the egg and apple cider vinegar.
3. Heat the cream cheese and mozzarella together in a bowl in the microwave until smooth and stir into the almond flour mixture.
4. Shape the dough into a rectangle, using your hands to create a rustic shape, and place it onto the baking sheet.
5. Using the end of a wooden spoon, make dimples into the top of the bread.
6. Place in the oven for 10 minutes until a little risen, but not colored.
7. Mix all of the ingredients for the topping and brush all over the top of the bread.
8. Return to the oven and cook for a further 10-12 minutes until the bread is cooked and the top is golden brown.
9. Cut into 8 squares to serve.

Tips:

- You could also use this focaccia recipe as a pizza base. Add some low-carb tomato sauce and toppings of your choice before the second bake.

Nutrition per Serving:

- Fat: 15.3g
- Total Carbs: 3.3g
- Fiber: 1.2g
- Sugar Alcohols: 0g
- Net Carbs: 2.1g
- Protein: 7.5
- Calories: 177

Italian Cauliflower Cheesy Bread





Servings: 8



Time: 50 minutes

You won't believe there's cauliflower in this amazing Italian Cauliflower Cheesy Bread. This "bread" is filled with Italian flavors of parmesan, mozzarella, and oregano. This bread is a fantastic treat, dipped in a little low-carb marinara sauce!



Ingredients:

- 1 large head cauliflower (or about 6 cups riced cauliflower)
- 2 large eggs
- 2 cloves garlic, minced
- ½ tsp dried oregano
- 3 cups shredded mozzarella, divided
- ½ cup freshly grated Parmesan
- salt and pepper, to taste
- 2 tsp freshly chopped parsley
- pinch of crushed red pepper flakes, optional
- Optional for serving: low carb marinara sauce or Ranch dressing, for dipping



Instructions:

1. Begin by setting your oven to 425°F to preheat. Line a baking sheet with parchment paper.
2. Grate the cauliflower using a cheese grater or food processor.
3. To a large bowl, add cauliflower, eggs, garlic, oregano, 1 cup of mozzarella, Parmesan, salt, and pepper. Mix thoroughly.
4. Place cauliflower "dough" onto parchment paper and pat to flatten. Bake for about 25 minutes.
5. Top with the rest of the mozzarella, crushed red peppers, and parsley. Return to the oven for 5-10 minutes or until the cheese is melted and golden.
6. Slice into 8 pieces and serve with marinara or Ranch dressing for dipping.

Tips:

- You could use a different type of cheese for the topping, such as asiago or cheddar.
- You can also use this recipe as a pizza crust and top with a light coat of marinara sauce and your favorite pizza toppings!

Nutrition per Serving:

- Fat: 14.1g
- Total Carbs: 5.9g
- Fiber: 2.4g
- Sugar Alcohols: 0g
- Net Carbs: 3.5g
- Protein: 15g
- Calories: 206

Raspberry and Chocolate Bread





Servings: 10



Time: 55 minutes

Who says bread needs to be savory? A loaf filled with delicious raspberries and chocolate chips is sure to be enjoyed any time of day. Serve a slice for breakfast with a cup of coffee or as a snack or dessert, to satisfy your sweet tooth.



Ingredients:

- ¼ cup of coconut flour
- 1½ cups of almond flour
- 1½ tsp baking powder
- ½ tsp xanthan gum
- 2oz sugar-free chocolate, finely diced
- ½ tsp ground cinnamon
- ½ cup powdered erythritol
- Pinch of salt
- 5 eggs
- 3 tbsp butter/coconut oil, melted
- 3 tbsp heavy cream
- ½ cup of raspberries



Instructions:

1. Preheat the oven to 350°F and line an 8x4 inch loaf pan with parchment paper, hanging over the edges, for easy removal of the bread.
2. Mix the coconut flour, almond flour, baking powder, xanthan gum, chopped chocolate, cinnamon, erythritol, and salt in a bowl.
3. In a separate bowl or jug, whisk together the eggs, butter/coconut oil, and heavy cream until smooth.
4. Pour the egg mixture into the dry ingredients and stir until just combined.
5. Fold in the raspberries.
6. Pour into the prepared loaf tin and place in the oven.
7. Bake for 50-55 minutes until the bread has risen and golden and when a toothpick inserted comes out clean.
8. Cool the bread in the pan for 20 minutes before lifting it out. Cool completely before slicing.

Tips:

- You could replace the raspberries here and add blueberries or even blackberries for a flavor twist!
- If you want to freeze, it's a good idea to cool completely and then slice, wrapping each piece individually.

Nutrition per Serving:

- Fat: 18.9g
- Total Carbs: 16.7g
- Fiber: 5.1g
- Sugar Alcohols: 8.1g
- Net Carbs: 3.5g
- Protein: 7.4g
- Calories: 224