

# The keto bread

 [dietdoctor.com/recipes/the-keto-bread](https://dietdoctor.com/recipes/the-keto-bread)

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USMetric  
servings

## Ingredients

- 1¼ cups [almond flour](#)
- 5 tbsp ground psyllium husk powder
- 2 tsp baking powder
- 1 tsp sea salt
- 2 tsp cider vinegar
- 1 cup boiling water
- 3 egg whites
- 2 tbsp sesame seeds (optional)

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## Instructions

1. Preheat the oven to 350°F (175°C). Mix the dry ingredients in a large bowl.
2. Bring the water to a boil and add it, the vinegar and egg whites to the bowl, while

beating with a hand mixer for about 30 seconds. Don't over mix the dough, the consistency should resemble Play-Doh.

3. Moisten hands and make 6 pieces of the dough. Place on a greased baking sheet.
4. Bake on lower rack in the oven for 50–60 minutes, depending on the size of your bread. They're done when you hear a hollow sound when tapping the bottom of the bun.
5. Serve with butter and toppings of your choice.

## Video

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## Can I substitute ingredients?

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In all baking, and especially in low-carb baking, the ingredients and amounts used are important. The eggs and ground psyllium husk are hard to replace in this recipe.

If you don't like almond flour or if you have an allergy, you can make this recipe with coconut flour instead. Substitute the amount of almond flour for a third as much of coconut flour and double the number of egg whites.

For a different look and some crunch, sprinkle seeds on the buns before you pop them into the oven – poppy seeds, sesame seeds or why not some salt flakes and herbs?

Flavor your bread with your favorite seasoning to make them perfect for what ever you're serving them with. You can use garlic powder, crushed caraway seeds or your [homemade bread seasoning](#).

## Troubleshooting

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Do your buns end up with a slightly purple color? That can happen with some brands of psyllium husk. Try with another brand, [like this one](#). For more information, check out our [low-carb baking guide](#).

## Origin

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This recipe is adapted from [a bread recipe](#) by [Maria Emmerich](#). She has been experimenting for over a year to develop the perfect keto bread recipe, and this is the result of her efforts.

## Tip!

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This recipe is so versatile and can be used in a number of ways. You can easily turn it into [hot dog buns](#), [hamburger buns](#) or [garlic bread](#).

What do you do with the three leftover egg yolks? Béarnaise sauce, of course! Check out our recipes for [Béarnaise sauce](#) and [chili-flavored Béarnaise sauce](#).