

Keto Bread

Makes 20 Slices



INGREDIENTS

1-½ cup almond flour (not almond meal)
6 large eggs, separated
¼ cup *real* butter melted
3 tsp baking powder
¼ tsp cream of tartar (It's ok if you don't have this)
1 pinch Pink Himalayan Salt
6 drops liquid Stevia (optional)

INSTRUCTIONS

Preheat oven to 375.

Separate the egg whites from the yolks.

Add Cream of Tartar to the whites and beat until soft peaks are achieved.

In a food processor combine the egg yolks, 1/3 of the beaten egg whites, melted butter, almond flour, baking powder and salt (Adding 6 drops of liquid Stevia to the batter can help reduce the mild egg taste). Mix until combined. This will be a lumpy thick dough until the whites are added.

Add the remaining 2/3 of the egg whites and gently process until fully incorporated. Be careful not to over mix as this is what gives the bread its volume!

Pour mixture into a buttered 8x4 loaf pan and bake for 30 minutes. Check with a toothpick to ensure the bread is cooked through.