

## Amazing Keto Gluten Free Bread

### Ingredients:

3 cup blanched almond flour (10 oz)

10 TBS psyllium husk powder (no substitutes) (90 grams) (must be a fine powder, measure weight to be sure) (I use Jay Robb whole husk psyllium ground in a blender until half its original volume, other psyllium may not have the same results)

4 tsp baking powder

1 tsp Celtic sea salt

5 TBS apple cider vinegar (2 oz)

6 egg whites (7 oz)

1 1/2 cup BOILING water (12 oz)

**NOTE:** Make sure to weigh your ingredients to ensure it rises properly and doesn't get hallow and gummy. Also, if you do weigh and grind your psyllium and still have a problem, try grinding the psyllium again. We have a batch of psyllium that we ground and didn't work. Stay really wet. So we ground it again and it works great! Also, if your loaf looks nice and big but then deflates after removed from the oven, try reducing the baking powder to 3 teaspoons.

Preheat the oven to 350 degrees F. In a medium-sized bowl, combine the flour, psyllium powder (no substitutes: flaxseed meal won't work), baking powder and salt. Mix until dry ingredients are well combined. Add in the eggs and vinegar and mix until a thick dough. Add boiling water into the bowl. Mix until well combined and dough firms up.

Form into a loaf and place into a greased bread pan (I used an 8X4 inch pan). Bake for 60-75 minutes. It should be somewhat firm to the touch and have a nice brown crust. Remove from the oven and allow the bread to cool completely.

Makes 10 servings (2 slices per serving)

### NUTRITIONAL COMPARISON (per serving)

Traditional Sub Bread = 200 calories, 3g fat, 10g protein, 40g carbs, 8g fiber

Almond Flour Sub (egg whites) = 220 calories, 14.2g fat, 8.2g protein, 20.7g carb, 16.6g fiber (57% fat, 14% protein, 35% carbs)

For more information and a video of Maria making this amazing bread link to ...

<https://mariamindbodyhealth.com/the-best-keto-bread/>