



Keto French Bread

Active Time: 30 minutes | **Total Time:** 2 hours | **Serves:** 16

Nutrition Information Per Serving

130.2 calories, 5.11 g carbohydrate, 3.35 g fiber, 1.76 g NET carbs, 4.52 g protein, 10.97 g fat

Ingredients

- 2 Tbsp(s) Starwest Botanicals Organic Psyllium Husk Powder
- 1 1/2 cup(s) blanched almond flour
- 2/3 cup(s) ground flax
- 2 tsp(s) gelatin
- 3 large(s) pastured eggs
- 4 Tbsp(s) grass-fed butter, melted
- 2 tsp(s) non-aluminum baking powder
- 1 tsp sea salt
- 1 Tbsp apple cider vinegar
- 2 tsp(s) active dry yeast
- 1/4 cup(s) organic sour cream

Preparation

1. Line a French bread pan with unbleached parchment paper.
2. Add the yeast and 2 tsp. sweetener* (maple syrup or honey) to a large bowl. Heat water to 105 F - 110 F and pour over yeast. Cover with a kitchen towel to bloom for 7 minutes.
3. Meanwhile, mix the almond flour, flaxseed powder, psyllium husk powder, baking powder, sea salt, gelatin, and cream of tartar in a small bowl.
4. In another bowl, whisk the eggs, vinegar, sour cream and melted butter.
5. Add the wet ingredients into the yeast mixture. Using a hand held mixer, beat to combine.
6. Pour in the dry ingredients and beat on medium speed to fully combine. Let stand 5 minutes to absorb liquid.
7. Divide loose dough in half to make two baguettes. Using wet hands, scoop batter onto prepared pan and shape, gently smoothing the surface. For a shiny, golden crust, gently brush with egg wash. Then using a serrated knife or lame cut 3-4 diagonal slashes across the top.
8. Cover with a kitchen towel and place in a draft-free area to rise for 50 minutes. Your bread will rise roughly 1-2 inches.
9. While your bread is rising, preheat oven to 350 F. Transfer risen bread to oven and bake 25-35 minutes or to internal temperature of 205 F. (To prevent over-browning, cover loosely with aluminum foil in the last 15 minutes)
10. Let baked bread cool in the pan on a wire rack for 30 minutes. Then remove from pan and cool completely on wire rack before slicing.

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