



THE KETOGENIC BREAD RECIPE BOOK

yum!



FATFORWEIGHTLOSS

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CONTENTS

THE FREE KETO BREAD BOOK

1
CLOUD BREAD

2
BREAD ROLLS

3
ALMOND FLOUR BREAD

4
INSTANT KETO BREAD

5
SEEDED KETO BREAD

CLOUD BREAD



SERVES
8



EQUIPMENT
OVEN



MINUTES
20



DIFFICULTY
5/10

MAKES 8 SERVING

4 large eggs
1/2 tsp cream of tartar
1/4 cup cream cheese
1/2 tsp salt

Nutritional Information Per 1 Slice:

122 calories, 1 g carbs, 10 g fat, 7 g protein

Crack the eggs and separate the whites from the yolks. Put all the whites into a bowl and whisk with an electric mixer for 1 - 2 mins.

Add the Cream Of Tartar and whisk again for another 1 min. The mixture should start making soft peaks

In another bowl, add the yolks and the cream cheese and mix on high until well combined. Gently fold this mixture into the egg whites.

Spoon out the final mixture onto a tray lined with baking paper. They do fluff up a bit in the oven so leave enough space to breathe!

Put in the oven on 180 ° c (375 ° F) for 15-20 mins until slightly golden brown on top. Serve and enjoy!

BREAD ROLLS



SERVES
5



METHOD
BOIL



MINUTES
50



DIFFICULTY
5/10

MAKES 5 SERVING

1 **cup** almond meal

1/4 **cup** golden flax seed meal

5 **tbsp** psyllium husk powder

3 egg whites

2 **tbsp** apple cider vinegar

2 **tsp** baking soda

1 **tsp** salt

1 **cup** boiling water

Nutritional Information Per Roll:

735 calories, 5 g carbs, 13 g fat, 12 g protein

Preheat the oven to 375 F (180C).

Get 2 mixing bowls, Both medium (or 1 medium, 1 large). In medium sided mixing bowl, mix together all the dry ingredients (Almond Flour, Golden Flax Seed Meal, Baking Soda, Salt and Psyllium Husk Powder).

Pro tip – If you don't have golden flax seed meal, you can use normal flaxseeds as well. I used a cheap electric coffee grinder to pulse the seeds down to a meal consistency.

In the second bowl, add the egg whites and beat them with an electric beater. Slowly add the apple cider vinegar once the egg whites become fluffy.

Next, combine the eggs with the dry ingredients. Slowly add the hot water until the mixture starts to form a dough.

Split the dough into 5 pieces and roll into balls. Place on a tray lined with parchment paper (*baking paper*) and cook for approximately 50 mins.

KETOGENIC BREAD



SERVES
12



METHOD
BOIL



MINUTES
10



DIFFICULTY
3/10

MAKES 12 SERVING

- 1/2 cup butter (*melted*)
- 3 tbsp coconut oil
- 8 eggs
- 1 tsp baking powder
- 2 cup almond flour
- 1/2 tsp xanthium gum
- 1/2 tsp salt

Nutritional Information: 278 calories, 2 g carbs, 28 g fat, 9 g protein

Preheat oven to 160° C (350° F).

Put the eggs into a bowl and beat for 1 - 2 mins on high.

Add coconut oil and melted butter to eggs, continue beating.

Add remaining ingredients. Will become quite thick.

Scrape into a loaf pan lined with baking paper.

Bake for 40 minutes. (*Remove once a skewer comes out of the middle clean.*)

Allow to cool before slicing.

ALMOST INSTANT KETO BREAD



SERVES
2



EQUIPMENT
MICROWAVE



SECONDS
90



DIFFICULTY
2/10

MAKES 2 SERVING

1 tbsp coconut flour
1/4 cup almond flour
1 tbsp coconut oil
1/2 tsp baking powder
1 egg

Nutritional Information: 160 calories, 1 g carbs, 17 g fat, 6.5 g protein

Place all the ingredients into a mug. Mix until combined with a fork. Microwave for 90 seconds.

Optionally, place ingredients in a small baking tray and cook for 10-15 mins at 375° F (180° C).

Cut and enjoy.

SEEDED KETO BREAD



SERVES
8



EQUIPMENT
OVEN



MINUTES
40



DIFFICULTY
5/10

**MAKES 8
SERVINGS (16
SLICES)**

1/2 cup butter
2 tbsp coconut oil
7 eggs
1/4 cup sunflower seeds
2 tbsp chia seeds
3 tbsp sesame seeds
1 tsp baking powder
2 cups almond flour
1/2 tsp xanthan gum
1/2 tsp salt

Nutritional Information Per 2 Slices:

403 calories, 3 g carbs, 39 g fat, 14 g protein

Preheat oven to 350F (160C)

Put the eggs into a bowl and beat for 1 - 2 mins on high, Add the Xanthan gum and continue beating.

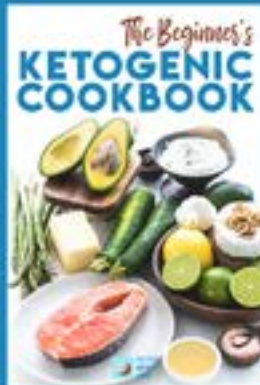
Add coconut oil and melted butter to eggs, continue beating.

Add remaining ingredients except for sesame seeds. Will become quite thick.

Scrape into a loaf pan lined with baking paper. Place sesame seeds on top.

Bake for 40 minutes. (Remove once a skewer comes out of the middle clean).

Enjoy This Book?
**YOU WILL LOVE THIS
ONE TOO**



The Beginners
KETOGENIC COOKBOOK

You might not believe that weight loss without exercise is possible. You probably don't believe it's possible to perform in a healthier way during exercise. You may not think it's possible to build muscle whilst restricting carbohydrates, and most of all, what could be healthy about increasing your fat intake?

This book explains the ketogenic diet in very simple terms. The basic idea of the ketogenic diet is focused on re-teaching your own body to turn to fat for energy instead of carbohydrates, burning fat for energy as it needs to.

Excess carbohydrates turn to fat in the body anyway, so doesn't it make sense to train your body to burn fat if you want to lose fat?

There are many benefits of eating a ketogenic diet. Effortless weight loss increased brain clarity and elimination of many common diseases such as Epilepsy, Diabetes, Polycystic Ovary Syndrome (PCOS), Irritable bowel syndrome (IBS), GERD, heartburn and Non-alcoholic fatty liver disease (NAFLD).

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