

Keto Friendly Gluten-Free Bread

This low carb treat is a great addition to a gluten-free diet. The key to a successful loaf is separating the eggs and beating the egg whites into soft peaks. For best results a hand or stand mixer should be used for the egg whites. The fluffy egg whites add lift and lightness to this versatile bread.

Adding a few drops of liquid stevia will reduce the mild egg taste. The base of this keto friendly bread is almond flour and egg.

Ingredients

- 6 large eggs, separated
- 300 g almond flour
- 60 g melted butter
- 1 Tbsp baking powder
- ¼ tsp cream of tartar
- 1 pinch of sea salt
- 6 drops liquid stevia optional

Directions

1. Preheat oven to 190°C, grease loaf pan.
2. Separate eggs whites and yolks.
3. Add **cream of tartar** to the **egg whites** and beat until soft peaks are reached.
4. In a bowl, mix together **egg yolks**, ⅓ **beaten egg white mixture**, **almond flour**, **melted butter**, **baking powder**, **salt**, and **stevia**. The batter will be thick and lumpy.
5. Add **remaining egg whites** and gently fold to combine. Be careful not to over mix, the air beaten into the egg whites is what gives this bread its softness and lift.
6. Pour mixture into a buttered loaf pan. Bake for 30 minutes. Bread is cooked when a toothpick is inserted and comes out clean.
7. Remove and cool for a few minutes before removing from pan.