

Keto Blueberry Bread

The Ingredients:

5 eggs
2 cups almond flour
2 Tbsp coconut flour
1 ½ tsp baking powder
3 Tbsp heaving whipping cream
3 Tbsp softened butter
½ cup erythritol
½ cup blueberries
1 tsp vanilla extract

The Directions:

Preheat your oven to 350 degrees. Line your loaf pan with parchment paper and set it aside. You can coat with butter if you prefer.

Mix the eggs, sweetener and vanilla extract for 2 – 3 minutes or until the eggs look frothy. Add the heavy whipping cream.

In a separate bowl, mix the almond flour, coconut flour and baking powder. Add to the first bowl, blending it well. Add the butter.

A tip I learned with the blueberries so they will “float” vs sink to the bottom is to roll them in a little coconut flour. Once this is done, fold them into the mix and then transfer to the loaf pan.

Pre-heat your oven to 350 and bake for 45 – 50 minutes or until cooked through (test with a toothpick)

9.5 total carbs, 8.75 net carbs, 12g fat, 5g protein, 145 calories – approx. per serving (16 slices) based on the ingredients we used.

*This is not my recipe, it was sent to me from a friend from Pinterest. With a bit of research, I believe it is from LowCarbSpark.com.