



Healthy Keto with
Jim Colbourne
MOVING TO AN HEALTHIER LIFESTYLE

Low Carb Keto Rye Bread for Beginners

2g of Net Carbs (Low Carb Keto)

Absolutely delicious Keto Rye Bread. This Low Carb Keto Rye Bread for Beginners is a simple and easy recipe for every level of baking experience. Great toasted and is perfect of a selection of cheeses as a snack or for lunch.
Enjoy!



Ingredients:

Calories: 105 cal Fat: 5g Carbs: 1.94g Net Carbs (9g total carbs – 3.76g fiber – 3.3g sugar alcohols) Protein: 9g

2lbs Loaf 10 Slices – serving = 1 Slice

¾ cup warm Strong Coffee
¼ cup warm water
2 Eggs (lightly beaten)
¼ cup of Oat Fiber
⅓ cup of Flaxseed Meal
1 cup Wheat Gluten. If the dough isn't forming because it's too wet, add 1tbsp extra, let mix and repeat if needed. I needed about 2 extra tbsp.

2 Tablespoons powdered Sweetener
1 teaspoon Honey – spread around outer edge of container
½ teaspoon Xanthan Gum – spread out evenly
2 Tablespoons Butter slightly melted
2 tablespoons Dark Cocoa Powder
1 Tablespoon Active Dry Yeast
1 Tablespoon Dill Weed
1 teaspoon Salt – spread outer edge of container

Ingredients:

Calories: 105 cal Fat: 5g Carbs: 1.94g Net Carbs (9g total carbs – 3.76g fibre – 3.3g sugar alcohols) Protein: 9.4g

4lbs Loaf 18-20 Slices – serving = 1 Slice

¼ cup warm water (240ml/8.1oz)
¾ cup warm strong coffee
2 Eggs (lightly beaten)
½ cup of Oat Fiber (41g/1.45oz)
⅔ cup of Flaxseed Meal (70g/2.46oz)
1.25 cups Wheat Gluten
1 teaspoon Salt – spread outer edge of container
2 Tablespoons Dill Weed

4 Tablespoons powdered Sweetener
1 teaspoon Honey – spread around outer edge of container
½ teaspoon Xanthan Gum – spread out evenly
2 Tablespoons Butter slightly melted
3 tablespoons Dark Cocoa Powder
1 Tablespoon Active Dry Yeast



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Instructions:

1. Use $\frac{1}{4}$ warm water to activate the yeast and $\frac{3}{4}$ cup of strong warm coffee added to Basket.
2. Add wet ingredients to bread basket.
3. Add Dry ingredients to bread basket.
4. Add yeast to Bread Basket.
5. Select settings. My settings are medium for color of crust1 Basic for bread type which is around 3hrs for total process.
6. When bread is completed, remove and let cool on cooling rack before slicing. Enjoy!

Watch Video for visual instructions and tips to get a good rising rye bread.