



Healthy Keto with
Jim Colbourne
MOVING TO AN HEALTHIER LIFESTYLE

Low Carb Keto Bread for Beginners

2g of Net Carbs (Low Carb Keto)

Very easy and simple recipe used with the bread maker.
Great for sandwiches and morning toast. 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

3/4 cup warm water (240ml/8.1oz)
2 Eggs (lightly beaten)
1/4 cup of Oat Fiber (41g/1.45oz)
1/3 cup of Flaxseed Meal (70g/2.46oz)
1 cup Wheat Gluten
1 teaspoon Salt – spread outer edge of container

4 Tablespoons powdered Sweetener
1 teaspoon Honey – spread around outer edge of container
1/2 teaspoon Xanthan Gum – spread out evenly
2 Tablespoons Butter slightly melted
1 Tablespoon Active Dry Yeast

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

1 cup warm water (240ml/8.1oz)
2 Eggs (lightly beaten)
1/2cup of Oat Fiber (41g/1.45oz)
2/3 cup of Flaxseed Meal (70g/2.46oz)
1.25 cups Wheat Gluten
1 teaspoon Salt – spread outer edge of container

4 Tablespoons powdered Sweetener
1 teaspoon Honey – spread around outer edge of container
1/2 teaspoon Xanthan Gum – spread out evenly
2 Tablespoons Butter slightly melted
1 Tablespoon Active Dry Yeast



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Instructions:

1. Divide water in half and add the yeast to one cup to start the activation of the yeast.
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!