

# KETO BREAD



*Recipe developed by Chef Paige Vondran*

	Ingredients	Exchanges
Protein	12 gm fresh, whole eggs	0.8 (-0.8 gm fat)
	15.4 gm NOW Real Food® almond flour	2.9 (-4.35 gm fat)
Fat	6.6 gm mayonnaise	1.5 (-0.9 gm)
	6.6 gm butter, softened	1.5 (-0.9 gm)
	4.7 gm olive oil	2 (-3.35 gm)
Carbohydrate	choice of carbohydrate	
Other	Pinch of baking soda and salt	

## DIRECTIONS

- Preheat the oven to 350°F.
- In a small bowl, weigh all of the ingredients using a gram scale.
- Stir until smooth using rubber spatula.
- Grease a mini loaf pan or rectangular mold with nonstick cooking spray.
- Evenly pour the batter, spreading evenly.
- Bake for 15-20 minutes or until golden brown.
- Serve warm.

## VARIATIONS

- This recipe can freeze well for up to 2 months in an airtight sealed storage bag. We recommend reheating in toaster, oven, or pan.
- Choice of carbohydrate can be served on top, on the side, or mixed into the batter.
- Egg Beaters® can be used in place of whole raw eggs.