



Keto Croutons

Active Time: 10 minutes | **Total Time:** 2 hours | **Serves:** 16

Nutrition Information Per Serving

136.9 calories, 3.46 g carbohydrate, 2.22 g fiber, 1.24 g NET carbs, 2.03 g protein, 12.93 g fat

Ingredients

- 7 Tbsp(s) Let's Do Organic Creamed Coconut
- 1/2 tsp(s) Real Salt
- 5 large(s) pastured eggs
- 2 tsp(s) garlic powder
- 4 Tbsp(s) organic virgin coconut oil
- 3/4 tsp(s) baking soda

Preparation

1. Soften creamed coconut by placing packet in a bowl of warm water. Work with your hands to create a pourable consistency.
2. Preheat oven to 300 F and lightly grease a quarter baking sheet.
3. Add eggs, melted coconut oil, creamed coconut, sea salt and baking soda to a blender. Blend until very smooth (no lumps!).
4. Pour into greased pan.
5. Transfer to oven and bake 40 minutes until golden brown and firm.
6. Cool, then slice bread into cubes by cutting lengthwise, then width-wise.
7. Place your bread cubes back onto a baking sheet and toast on "medium" in a toaster oven for 6 minutes to crisp.
8. Store in an airtight container or freeze in a zip-top freezer bag.

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