

Keto-Friendly Rye Bread

Active Time: 30 minutes | Total Time: 2 hours | Serves: 16

Nutrition Information Per Serving

134.5 calories, 5.97 g carbohydrate, 3.79 g fiber, 2.18 g NET carbs, 4.77 g protein, 11.14 g fat

Ingredients

- 2 Tbsp(s) Starwest Botanicals Organic Psyllium Husk Powder
- 1 1/2 cup(s) blanched almond flour
- 2/3 cup(s) ground flax
- 2 tsp(s) gelatin
- 3 large(s) pastured egg
- 4 Tbsp(s) grass-fed butter, melted
- 2 tsp(s) non-aluminum baking powder
- 1 tsp sea salt
- 1 Tbsp apple cider vinegar
- 2 tsp(s) active dry yeast
- 1/4 cup(s) organic sour cream
- 1 1/4 Tbsp(s) caraway
- 1/2 cup(s) brewed chicory
- 2 Tbsp(s) organic cocoa powder

Preparation

1. Line a 7.5 x 3.5" pan with unbleached parchment paper. Powder the caraway seeds, reserving some for sprinkling.
2. Add the yeast and 2 tsp. sweetener* (molasses) to a large bowl. Heat brewed chicory to 105 F - 110 F and pour over yeast. Cover with a kitchen towel to bloom for 7 minutes.
3. Meanwhile, mix the almond flour, flaxseed powder, psyllium husk powder, baking powder, sea salt, gelatin, cocoa powder, ground caraway and cream of tartar in a small bowl.
4. In another bowl, whisk the eggs, vinegar, sour cream and melted butter.
5. Add the wet ingredients into the yeast mixture. Using a hand held mixer, beat to combine.
6. Pour in the dry ingredients and beat on medium speed to fully combine.
7. Scrape batter into prepared loaf pan. For a shiny, golden crust, gently brush with egg wash. Sprinkle with reserved caraway.
8. Cover with a kitchen towel and place in a draft-free area to rise for 50 minutes. Your bread will rise roughly 1-2 inches.
9. While your bread is rising, preheat oven to 350 F. Transfer risen bread to oven and bake 40-45 minutes or to internal temperature of 205 F. (To prevent over-browning, cover loosely with aluminum foil in the last 15 minutes)
10. Let baked bread cool in the pan on a wire rack for 30 minutes. Then remove from pan and cool completely on wire rack before slicing.