

Ketogenic Bread

Kristel Vande Kerckhove, Dietitian
Competence center Clinical Nutrition, University Hospitals Leuven
In collaboration with KHLeuven



Energycontent– ratio 3:1	
Proteins	14,5 g
Fats	59,1 g
Carbohydrates	5,4 g
Kcal	611,6

Ingredients

Ratio	3:1
Almond flour	23 g
Flax seed	28 g
Bicarbonate of soda	4 g
White vinegar	2 g
Salt	1 g
Liquid sweetener (Natrena)	Keuze
Egg	50 g
Cocos oil (or another kind of oil)	26 g

Preparation

- Mix wet and dry ingredients separately
- Bring them together and put the mixture in a small tin (1 or 2 small breads).
- Bake in a pre heated oven on 175° for 8 – 10 min.