



Low Carb Bread Recipes

From Linda's Low Carb Recipes & Menus - <https://www.genaw.com/lowcarb/>

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Please refer to my website for the nutritional counts for these recipes.

APPLE-CINNAMON MUFFINS

4 ounces almond flour (1 cup)
1/2 cup golden flax meal
1 teaspoon baking powder
1/8 teaspoon salt
1/2 teaspoon cinnamon
Sweetener equal to 1 cup sugar
1/2 teaspoon blackstrap molasses
1 teaspoon vanilla
2 tablespoons heavy cream
2 tablespoons water
2 tablespoons butter, softened
2 eggs
1/2 medium tart apple, peeled, cored and shredded

In a medium bowl, stir together the almond flour, flax meal, baking powder, salt, cinnamon and granular sweetener, if using. If you're using liquid sweetener, mix it in a small bowl with the extract, cream and water. Combine everything with the dry ingredients and stir with a wooden spoon until well blended.

Fill 6 paper-lined muffin cups with the batter. Bake at 350° 15-20 minutes, until the tops are golden brown. Remove from the pan and cool on a rack. Store in the refrigerator.

Makes 6 servings



BANANA WALNUT MUFFINS

4 ounces almond flour (1 cup)
1/2 cup golden flax meal (2 ounces)
1 teaspoon baking powder
1/8 teaspoon salt
1 ounce walnuts, chopped (1/4 cup)
Sweetener equal to 1 cup sugar
2 tablespoons butter, melted
1 teaspoon banana extract
1 teaspoon vanilla
2 tablespoons heavy cream
2 tablespoons water
2 eggs

With a wooden spoon, mix all of the ingredients well in a medium bowl. Fill 6 paper-lined muffin cups with the batter, dividing it evenly among them. You can spray the liners with cooking spray, but they don't seem to stick too much. Bake at 350° 15-20 minutes, until the tops are golden brown. Store in the refrigerator.

Makes 6 servings



BARBO'S DARK ONION RYE BREAD

2 1/3 cup unblanched almond flour (8 1/2 ounces)
1 tablespoon caraway seeds
1 teaspoon onion powder
1/4 teaspoon salt
1/4 cup water
1/4 cup oil
3 large eggs
1 tablespoon blackstrap molasses
1 teaspoon baking soda
1 tablespoon plus 1/4 teaspoon white vinegar

1. Preheat your oven to 350°. Have all of your dry ingredients pre-measured and your wet ingredients handy before starting.
2. Grease an 8 1/2" by 4 1/2" loaf pan.
3. Place the following ingredients in a food processor with the chopping blade inserted:
 - 2 1/3 cup unblanched almond flour
 - 1 tablespoon caraway seeds
 - 1 teaspoon onion powder
 - 1/4 teaspoon salt
4. Let this dry mixture process for 60 seconds.
5. Add:
 - 1/4 cup water
 - 1/4 cup oil
6. Process until it forms a soft dough, about 60 seconds. (continued on the next page...)

7. Add:
3 large eggs
1 tablespoon blackstrap molasses

Process this mixture until it become a thick batter. Scrape up from the bottom with a rubber spatula to make sure that everything is properly blended in and process for another 30-60 seconds.

8. Add:
1 teaspoon baking soda
1 tablespoon plus 1/4 teaspoon white vinegar

9. Process about 60 seconds longer.

10. Spread the batter in your prepared baking pan and bake for 35 minutes or until firm to the touch and browned on the top. Remove from the pan and cool on a rack before slicing.

Makes 10 thick slices or 16-18 thin slices



BASIC ALMOND FLOUR MUFFINS

6 ounces almond flour (1 1/2 cups)
1 teaspoon baking powder
1/8 teaspoon salt
2 tablespoons butter, melted
Sweetener equal to 1 cup sugar
1 teaspoon vanilla
2 tablespoons heavy cream
3 tablespoons water
2 eggs



Put the almond flour, baking powder and salt in a medium mixing bowl. In a small bowl, melt the butter in the microwave. Add the sweetener, vanilla, cream and water to the butter. Add the liquid mixture and the eggs to the dry ingredients in the bowl. Mix well with a spoon. If the batter seems too stiff, stir in another tablespoon or two of water.

Spoon the batter into six paper-lined muffin cups. Bake at 350° 15-20 minutes, until the tops are golden brown. Remove from the pan and cool at least 5 minutes on a rack before serving. Store in the refrigerator.

Makes 6 muffins

VARIATIONS:

Maple Nut Muffins - Add 1 1/2 teaspoons maple flavoring and 1/4 cup chopped pecans

Orange Muffins - Add 1 teaspoon orange extract and 1 tablespoons grated orange zest

Lemon Poppy Seed Muffins - Add 1 teaspoon lemon extract, lemon zest and 1 teaspoon poppy seeds

Banana Walnut Muffins - Add 1 teaspoon banana flavoring and 1/4 cup chopped walnuts

Blueberry Muffins - Add a handful of fresh blueberries

Cinnamon Muffins - Add 1 teaspoon cinnamon

BETTER THAN BOXED LOW CARB PANCAKES

2 1/2 tablespoons vanilla whey protein powder

1/2 teaspoon baking powder

Pinch salt

1 egg

1 teaspoon oil

2-3 teaspoons water, optional

Cooking oil

Whisk all of the ingredients, except for the water and cooking oil, in a small bowl until smooth. Add up to 3 teaspoons of water if you'd like a thinner batter.

Meanwhile, heat a little cooking oil a small nonstick skillet on medium heat. Pour in the batter and tilt the pan to spread the batter evenly over the bottom of the skillet. When bubbles appear all over the pancake and the batter on top looks like it's starting to set up carefully work a spatula around the edges and then under the pancake to flip it over. Cook until the second side is lightly browned. Serve with butter and low carb syrup.

Makes 1 large pancake



CHEDDAR BISCUITS

4 eggs
1/4 cup butter, melted
1/4 teaspoon salt
1/2 teaspoon garlic powder
1/3 cup coconut flour, sifted (1 1/4 ounces)
1/4 teaspoon baking powder
4 ounces sharp cheddar cheese, shredded

Whisk together the eggs, butter, salt, and garlic powder. Combine the coconut flour with the baking powder and whisk into the egg mixture until there are no lumps. Fold in the cheese. Drop the batter by spoonfuls onto a greased, rimmed baking sheet. Keep the batter as mounded as you can so that they won't end up too flat when they spread during baking. I made mine in a muffin top pan and I recommend doing that if you have one. Bake at 400° 15 minutes until as browned as you can get them without burning them.

They crisp up nicely in the toaster oven the next day.

Makes 6 biscuits



CHEESY BISCUITS

4 ounces cheddar cheese, shredded
3 ounces almond flour (1 cup)
2 tablespoons butter, softened
1 egg
1/2 teaspoon garlic powder
1/4 teaspoon salt

In a small bowl, mix all of the ingredients well with a spoon until they form a soft dough. Drop 6 mounds of dough onto a small parchment-lined baking sheet. Bake at 350° about 15-20 minutes until golden brown. Best served while still warm from the oven.

Makes 6 servings

(These are adapted from the Almond Cheese Rounds on my website)



FLAX SANDWICH BUNS

1 1/2 teaspoons dry minced onion
1/2 cup plus 1 tablespoon regular or golden flax meal
1/4 cup plus 2 tablespoons parmesan cheese
1 1/2 teaspoons onion powder
3/4 teaspoon baking powder
Sweetener equal to 1 1/2 teaspoon sugar
1/2-1 teaspoon caraway seeds, optional
3 eggs
1 1/2 tablespoons water
1 1/2 tablespoons oil

Put the dry minced onion in a medium bowl and add just enough water to moisten; let stand until softened. Add all of the remaining ingredients and mix well with a spoon or whisk. Pour the batter into 6 greased muffin top pans. Bake at 325° 15-20 minutes. To serve, split the buns horizontally to make two halves using a long, thin knife.

Makes 6 servings



IMPROVED REVOLUTION ROLLS

4 egg whites
1/8 teaspoon cream of tartar
3 egg yolks
Sweetener equal to 1 teaspoon sugar
Pinch salt
3 ounces cream cheese, softened
Sesame seeds, optional

In a medium bowl, beat the egg whites and cream of tartar until stiff. In another bowl, beat the egg yolks, sweetener, salt and cream cheese with a mixer until smooth. Gradually fold the yolk mixture into the egg whites being careful not to deflate the whites.

Spray a baking sheet or muffin top pan with cooking spray. Divide the mixture into 6 mounds then flatten them slightly. Sprinkle the tops with sesame seeds, if desired. Bake at 300° 30 minutes or until lightly browned on top. Cool on the baking sheet for a few minutes then cool completely on a rack. Store in an airtight bag in the refrigerator.

Makes 6 rolls



LEMON POPPY SEED MUFFINS

4 ounces almond flour (1 cup)
1/2 cup golden flax meal (2 ounces)
1 teaspoon baking powder
1/8 teaspoon salt
1 teaspoon poppy seeds
Sweetener equal to 1 cup sugar
2 tablespoons butter, melted
1 teaspoon pure lemon extract
1 teaspoon vanilla
2 tablespoons heavy cream
2 tablespoons water
2 eggs

In a medium bowl, mix all of the ingredients with a wooden spoon until well blended. Fill 6 paper-lined muffin cups with the batter, dividing it evenly among them. Bake at 350° 15-20 minutes, until the tops are golden brown. Cool 5 minutes on a rack before removing from the pan. Store in the refrigerator.

Makes 6 servings



MAPLE-PECAN MUFFINS

4 ounces almond flour (1 cup)
1/2 cup golden flax meal (2 ounces)
1 teaspoon baking powder
1/8 teaspoon salt
Sweetener equal to 1 cup sugar
1 teaspoon maple extract
1 teaspoon vanilla
2 tablespoons heavy cream
2 tablespoons water
2 tablespoons butter, softened
2 eggs
1 ounce pecans, chopped (1/4 cup)

In a medium bowl, mix all of the ingredients with a wooden spoon until well blended. Fill 6 paper-lined muffin cups with the batter, dividing it evenly among them. You can spray the liners with cooking spray, but they didn't seem to stick too much. Bake at 350° 15-20 minutes, until the tops are golden brown. Cool 5 minutes on a rack before removing from the pan. Store in the refrigerator.

Makes 6 servings



ORANGE PECAN MUFFINS

4 ounces almond flour (1 cup)
1/2 cup golden flax meal (2 ounces)
1 teaspoon baking powder
1/8 teaspoon salt
1/4 cup pecans, chopped (1 ounce)
Sweetener equal to 1 cup sugar
2 tablespoons butter
1 teaspoon pure orange extract
1 teaspoon vanilla
2 tablespoons heavy cream
2 tablespoons water
1 tablespoon orange zest (from 1 small orange)
2 eggs



In a small bowl, stir together the almond flour, flax meal, baking powder, salt and nuts. In a medium microwave-safe bowl, melt the butter in the microwave. Stir in the sweetener, the extracts, cream, water and orange zest. Add the dry ingredients and the eggs to the butter mixture; stir with a wooden spoon until well blended.

Fill 6 paper-lined muffin cups with the batter, dividing it evenly among them. Bake at 350° 15-20 minutes, until the tops are golden brown. Cool 5 minutes on a rack. Serve warm or at room temperature. Store in the refrigerator.

Makes 6 muffins

PERFECT LC PANCAKES

1 cup almond flour (3 ounces)
1/4 teaspoon baking powder
Generous dash salt
3 eggs
1/2 teaspoon vanilla
Sweetener equal to 1 teaspoon sugar
2 tablespoons water, or more as needed

Mix all of the ingredients, except the water, with a fork in a medium bowl. Add enough water until you have a pancake batter consistency. Heat some oil in a nonstick skillet over medium heat until a splash of water thrown into the pan sizzles. Ladle about 1/4 cup batter per pancake into the skillet and cook on both sides until golden brown, flipping them when the tops look lumpy from air bubbles.

Makes 4 pancakes

