Keto Bread

Makes 1 loaf

6 large eggs, separated

½ teaspoon cream of tartar

¼ cup butter melted

1 ½ cups Almond Flour

Pinch of sea salt

3 teaspoons baking powder

1 teaspoon Agave Nectar (optional)

8 x 4 in bread pan

Nonstick spray

Preheat oven to 375 degrees.

Separate the eggs.

Place the egg whites in a clean dry bowl.

Add the cream of Tatar to the egwhites.

Using a mixer beat the egg whites to soft peaks.

Add the egg yolks, melted butter and almond flour to the bowl of a food processor and mix.

Add the baking powder, salt and 1/3 of the egg white mixture.

Scrape this batter into the bowl with the remaining soft peak egg whites and gently fold the mixture together.

Spray the bread pan with nonstick spray.

Scrape the batter into the brad pan.

Place in the oven and bake for 30 minutes. Test with a toothpick to make sure it’s cooked through.

Let rest for 10 minutes.

You may need to run a knife around the edge of the pan to help release.

Use like you would regular bread.