



## KETO ALMOND POPPYSEED BREAD RECIPE

One of my favorite sweet foods for breakfast when I was living in Mississippi was the Almond Poppyseed Bread that the Mennonites would sell at roadside stands. This was one of their biggest hits, and I swear that everyone in town ate it for breakfast on the weekends. We would heat it up and then melt some Salted Butter on it and it was so delightful. These days it seems that most people are eating Almond Poppyseed Bread from a box, and I figured it would be too hard to make a Mennonite replica that was Keto-friendly. Boy was I wrong!

After spending the first few minutes in the oven the downstairs began to fill with a warm and delicious smell of Almond Poppyseed Bread baking. It didn't take long for the kids to come down and start getting nosy, asking me what I was making and when we were going to eat it. My 5 year old claimed that she was going to have 5 slices all to herself (she would have eaten 3 at least if we had more, because she ate two slices like it was no big deal). This was just as good as any I have ever had in my life.

You could also opt to put a drizzle of Heavy Whipping Cream, Salted Butter, and Monkfruit Sweetener on top if you want, but I left it out in this recipe when I baked it for the photos.

I know that there will likely be a lot of questions about whether you can make Muffin out of this recipe, and YES you absolutely can. Also, if you want to try baking it with Almond Flour instead of the Coconut Flour you can do that too, but I prefer the texture of this being made with the Coconut Flour, as it tastes more like the original that way.



## KETO ALMOND POPPYSEED BREAD RECIPE

<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving size</b>	<b>1 Slice</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol</b> 145mg	<b>48%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	<b>12%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ease Of Preparation: Easy

Prep Time: 10 Minutes

Cooking Time: 60 Minutes

Total Time: 70 Minutes

### Ingredients:

- 1/2 Cup Coconut Flour
- 6 Large Eggs

- 10 Tablespoons of Salted Butter (9 Melted, 1 Softened for Greasing the Pan)
- 3 Tablespoons Poppyseeds
- 2/3 Cup Lakanto Monkfruit Sweetener
- 1 Tablespoon Vanilla Extract
- 1 Tablespoon Almond Extract
- 2 Tablespoons Heavy Whipping Cream
- 1/2 Teaspoon Salt
- 1 & 1/2 Teaspoons Baking Powder
- 1/8 Cup Sliced Almonds
- 1/2 Lemon (Juiced)

### **Instructions:**

1. Pre-Heat Oven to 350°F.
2. Put the Coconut Flour, Poppyseeds, Lakanto Monkfruit Sweetener, Salt, and Baking Powder into a Large Mixing Bowl.
3. Melt the Salted Butter, and Pour into Mixing Bowl with the Dry Ingredients.
4. Add the Vanilla Extract, Almond Extract, Heavy Whipping Cream, Eggs, and Juice from the Lemon into the Mixing Bowl and Whisk, or Blend the ingredients together until evenly mixed.
5. Grease a Loaf Pan with the remaining 1 Tablespoon of Butter (Feel free to use a little bit more if you want, or use your favorite non-stick cooking spray instead if you prefer)
6. Pour the mixture into the bottom of the Loaf Pan and spread out until evenly distributed in the pan.
7. Top with Sliced Almonds and bake at 350°F for 60 Minutes. (Can vary depending on Altitude) Just make sure not to burn the top, but you will want to make it nice and brown on the top.
8. Let cool on the counter in the Loaf Pan for at least 5 minutes before attempting to remove the Almond Poppyseed Bread.
9. If you plan to serve warm, slice desired amount right away.
10. If you plan to keep this loaf on the counter, let cool to room temperature before wrapping in clear plastic wrap, or other preferred method of storage.

SPECIAL NOTE: I do NOT recommend making this recipe with a straight up Stevia sweetener. If you do that, you will bake a bitterness into the bread that will not be desirable. That is specifically why I use the Lakanto Monkfruit Sweetener as it has a predictable taste after baking. There are some Stevia blends out there that feature primarily Erythritol as the main ingredient, and those are generally acceptable if that is the type of sweetener you prefer to use.

