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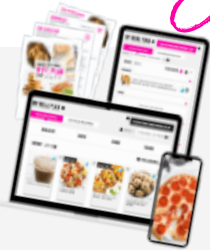
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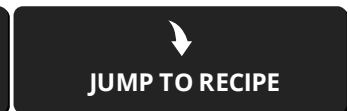
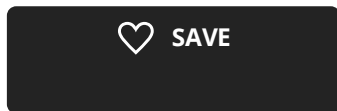
KETO LOW CARB COCONUT FLOUR BREAD RECIPE

- BAKING
- DAIRY-FREE OPTION
- FREEZER FRIENDLY
- KETO
- MAKE AHEAD
- NUT-FREE OPTION
- PALEO OPTION
- THM
- VEGETARIAN
- WHOLE30 OPTION

A low carb coconut flour bread recipe packed with seeds, for a delicious multi-grain taste without nuts or grains! Keto paleo bread made with coconut flour is perfect for sandwiches.

BY MAYA ON SEPTEMBER 5, 2018

223 COMMENTS ★★★★★



Before jumping to the recipe card, **don't miss the HELPFUL RECIPE TIPS in the post!** I hope you'll find them useful and will love this low carb recipe!

53



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To celebrate September, I made keto paleo coconut flour bread! With everyone thinking about back-to-school right now, it's the perfect time for sandwiches... even if you're following a low carb lifestyle. Yes, really. You probably know there's no shortage of [keto bread recipes](#) here at Wholesome Yum. When my friends at Jennie-O sent me some of my favorite turkey ever, it was a great opportunity to create a new low carb coconut flour bread recipe.

People have been asking me about how to make coconut flour bread for a long time. Most low carb bread recipes have nuts, which is a problem for those with nut allergies. And, you can't just replace almond flour with coconut flour in a recipe.

MY OTHER LOW CARB RECIPES:

Even for those of us without allergies, a nut-free paleo bread made with coconut flour is helpful if you have kids. Many schools don't allow nuts, meaning you can't send [almond flour bread](#) to school with them.

I wanted a trusted coconut flour bread recipe that I can use for my own kids' lunches, when they go to school in a couple years. Sure, I might be a little ahead on that (my oldest daughter is three), but I know many of you are facing that problem *right now*. So, I wanted to help you!

Besides, the yummy turkey from Jennie-O really got me craving a low carb turkey sandwich...

THE TRICK TO THE BEST COCONUT FLOUR BREAD RECIPE

What does coconut flour bread taste like? Let's be real here. Many coconut flour bread recipes are dense and dry.

Coconut flour can be a little challenging to work with, because it's so

dense and absorbs so much moisture. And it's coconut-ty, which is delicious on its own, but not so much what you want in a simple sandwich bread.

That's why I spent a long time testing and perfecting this low carb coconut flour bread recipe. I wanted it to be *actually good*. In fact, it went through five trials to get it just right.

All of that being said, this bread is still denser than some other low carb options. If you like chewy bread with a lot of air pockets and a crust on top, try [almond flour bread](#) or even my improved version of [90-second bread](#). For a light and fluffy (but still low carb) white bread, try this [keto paleo bread](#).

But if you are looking for coconut flour bread, and you're tired of the coconut flavor and off-putting texture that they usually have, this new coconut flour bread recipe is for you.

So what's the trick to coconut flour bread that tastes good? Make it with lots of seeds. This distracts from the coconut-ty taste and gives a yummy seed crunch. It reminds me of multi-grain bread with seeds that I used to love. I know you'll love it, too!

TIPS FOR HOW TO MAKE BREAD WITH COCONUT FLOUR

You're going to get this paleo coconut flour bread recipe *down pat* – promise! – because I've got lots of tips to make it perfect...

FEEL FREE TO CHANGE UP THE SEEDS A BIT.

I used lots of different types of seeds in my low carb coconut flour bread recipe. It creates a variety of textures, and I had them all on hand anyway. But if you don't, it's no problem!

If needed, you can swap out seeds you don't have with others that you do have. Just keep the sizes similar.

You'll need to replace small seeds like chia, sesame and hemp with more small ones just like those. And, you can replace pumpkin seeds with additional sunflower seeds, or vice versa.

However, don't use more large seeds than written, because the coconut flour bread will fall apart too easily.

USE BUTTER FOR BEST FLAVOR, OR SWAP IT OUT TO MAKE IT DAIRY-FREE.

When you're making low carb coconut flour bread, one of the biggest obstacles is avoiding a strong coconut flour. So, adding coconut oil to the mix isn't the best idea as-is. This is why I used grass-fed butter instead.

However, if you are dairy-free or strict paleo, you'll need to replace the butter with something. The best option is ghee if you can tolerate that. If not, go for a vegan [butter-flavored coconut oil like this one](#). It doesn't taste like coconut, unlike the regular kind.

ADD XANTHAN GUM FOR A CHEWIER BREAD.

If you want to improve the texture of your keto bread with coconut flour, try adding a bit of xanthan gum. I left it out to make this more paleo-friendly and under 10 ingredients.

For those that are okay with adding xanthan gum, it does help with texture. The right amount is 1/2 tsp and you can add it to the dry ingredients.

MAKE SURE THE EGGS AT LEAST TRIPLE IN VOLUME BEFORE ADDING THEM TO THE BREAD DOUGH.

Another typical issue with most coconut flour bread recipes is that they are too dense. We counteract this by beating the eggs to triple their volume before adding them to the batter. And, remember to fold (don't beat or stir!) when you incorporate them into the other ingredients, so that you don't completely break them down.

ROUND THE TOP OF THE COCONUT FLOUR BREAD.

Bread made with coconut flour will not rise much. It's very different from traditional bread made with wheat.

Until someone figures out how to make coconut flour bread rise, the next best thing is to add volume to the batter (see beating eggs above!) and rounding the top before baking.

WAIT FOR THE BATTER TO GET THICK.

Coconut flour absorbs a lot of moisture, but it takes some time for coconut flour bread batter to thicken.

Here is how the bread looks before baking – notice the rounded top and and super thick batter:

TEST INTERNAL TEMPERATURE FOR DONENESS.

With low carb bread recipes, sometimes it's hard to tell when they are done. If they contain ingredients to help with texture such as psyllium husk, flax seed meal, xanthan gum, or whipped egg whites, they can often pass the toothpick test but end up gummy inside.

This is why I prefer to have a secondary method of testing for doneness

This is why I prefer to have a secondary method of testing for doneness – internal temperature. For this particular paleo bread recipe with coconut flour, you know it's done when the internal temperature is 170 degrees F.

COVER DURING BAKING IF NEEDED.

Usually, coconut flour bread is browned on top before it's done inside.

Simply tent it with foil and continue baking until done. The time when you need to cover can vary, but generally the total baking time stays close to the same.

Here is how browned the bread gets after baking:

LET THE BREAD REST.

Like all low carb bread recipes, this coconut flour bread needs to rest after it comes out of the oven. This helps form its structure, so that it doesn't fall apart.

Tempting as it might be to cut it right away, don't! Wait for it to cool completely to room temperature – at least a few hours, or even overnight.

HOW TO STORE LOW CARB COCONUT FLOUR BREAD

Low carb coconut flour bread will keep on the counter for a couple of days, but beyond that, the fridge is best. Wrap it in parchment paper, not plastic, to prevent condensation from forming.

This paleo bread recipe with coconut flour will keep refrigerated for 5-7 days. In case it gets a little moist, toasting the slices will solve the problem.

If you need to preserve bread made with coconut flour for longer, the freezer works great. It's best to slice the bread first, then freeze the slices. That way, you can pop them in the toaster straight from the freezer.

SANDWICHES USING KETO BREAD WITH COCONUT FLOUR

Now that you know how to make keto bread with coconut flour, the next question is, how are you going to use it?

Like I mentioned before, right now I'm loving coconut flour bread sandwiches with Jennie-O turkey! My staple varieties are [hickory smoked turkey breast](#) and [oven roasted turkey breast](#). If you're looking for loads of flavor and don't mind a tiny bit of sugar, the new [sweet thai chili turkey breast](#) and [chili pepper turkey breast](#) varieties are also delicious.

Another thing I'd like to try with this bread is [pumpkin French toast](#). You can easily swap sugar-free sweetener, almond flour, and coconut milk for the sugar, wheat flour, and dairy milk in there.

If you have your own favorite ways to use this low carb coconut flour bread or turkey, I'd love to hear all about it!

KETO LOW CARB COCONUT FLOUR BREAD RECIPE:

PIN IT TO SAVE FOR LATER!

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READER FAVE KETO RECIPES

The recipe card is below! Readers also made these similar recipes after making this one.



RECIPE CARD

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KETO LOW CARB COCONUT FLOUR BREAD

RECIPE

A low carb coconut flour bread recipe packed with seeds, for a delicious multi-grain taste without nuts or grains! Keto paleo bread made with coconut flour is perfect for sandwiches.

Course Breakfast, Main Course **Prep Time** 10 minutes
Cuisine American **Cook Time** 1 hour 10 minutes
Calories 232 kcal **Total Time** 1 hour 20 minutes

★★★★★
4.73 from 79 votes

Author Maya Krampf from [WholesomeYum.com](https://www.wholesomeyum.com)

Servings slices (1/2 in thick)

RECIPE VIDEO

Click or tap on the image below to play the video. It's the easiest way to learn how to make this recipe!

INGREDIENTS

US Customary Metric

★ REVIEW

PRINT



Click underlined ingredients to buy them!

- 1 cup [Wholesome Yum Coconut Flour](#)
- 2/3 cup [Golden flax seed meal](#)
- 1/4 cup [Sunflower seeds](#)
- 1/4 cup [Pumpkin seeds](#)
- 1/4 cup [Chia seeds](#)
- 1/4 cup [Sesame seeds](#)
- 1/4 cup [Hemp seeds](#)
- 1 1/2 tbsp [Gluten-free baking powder](#)
- 1 tsp [Sea salt](#)
- 12 large Eggs
- 3/4 cup [Butter](#) (measured solid, then melted)

INSTRUCTIONS

RECIPE TIPS + VIDEO in the post above, nutrition info + recipe notes below!

Click on the times in the instructions below to start a kitchen timer while you cook.

- 1 Preheat the oven to 325 degrees F (163 degrees C). Line a [small 8.5 x 4.5 in loaf pan](#) with parchment paper, with the paper hanging off the long sides.
- 2 In a large bowl, stir together the coconut flour, flax seed meal, all the seeds, baking powder, and sea salt.
- 3 Stir the melted butter into the bowl until crumbly and uniform.
- 4 In another large bowl, beat the eggs on high using a hand mixer (or stand mixer) with a whisk attachment, until tripled in volume. Fold the eggs into the batter. Wait a few minutes for the batter to thicken.
- 5 Transfer the batter to the lined pan. Round the top with your hands. If desired, sprinkle more seeds on top (optional).
- 6 Bake the bread for about [50 minutes](#), until browned on top. Tent the top with foil and continue baking for another [15 to 25](#) minutes, until the bread internal temperature is 170 degrees F (77 degrees C).
- 7 Let the bread cool completely in the pan without moving or slicing. Once cooled, run a knife along any edges of the bread that touch the pan, then lift out of the pan using the parchment paper hanging over the sides.

READERS ALSO MADE THESE KETO LOW CARB RECIPES

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RECIPE NOTES

Serving size: 1 slice (1/2 in thick)

Video Showing How To Make Coconut Flour Bread:

Don't miss the VIDEO above - it's the easiest way to learn how to make Coconut Flour Bread!

NUTRITION INFORMATION PER SERVING

Nutrition Facts

Amount per serving. Serving size in recipe notes above.

Calories	232
Fat	18g
Protein	9g
Total Carbs	7g
Net Carbs	3g
Fiber	4g
Sugar	0g

Where does nutrition info come from? Nutrition facts are provided as a courtesy, sourced from the USDA Food Database. You can find individual ingredient carb counts we use in the [Low Carb & Keto Food List](#). Net carb count excludes fiber, erythritol, and allulose, because these do not affect blood sugar in most people. (Learn about [net carbs here](#).) We try to be accurate, but feel free to make your own calculations.


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POSTED SEPTEMBER 5, 2018 IN CATEGORIES:

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I welcome constructive criticism, but I'm a person just like you - treat me like you'd like to be treated. Rude or inappropriate comments will not be published. Thank you so much!

Did you like this recipe? **Leave a star rating!** (Appreciate it so much!)



If you had any issues, I'd appreciate the chance to help you troubleshoot before you rate.

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Email *

YES, also email me a printable keto food list (over 230 foods)! (This is optional and FREE.)

POST COMMENT

223 COMMENTS

JENNIFER LICHTENBERG

SEPTEMBER 27, 2020 **REPLY**



I was very pleased with the way this turned out. I love the texture and the denseness and the crunchiness of the seeds. I just made myself an open-faced sandwich and it turned out delicious. The only thing I would change is I would add a 1/2-1 teaspoon of sweetener to

boost the flavor a bit and give it a slight sweetness. It came out like the picture and is like real bread! Wholesome Yum is one of my go-to places for quality keto recipes.

SHAUNA

SEPTEMBER 25, 2020 [REPLY](#)

Thanks for the recipe! Could I replace the butter with coconut oil?

WHOLESOME YUM M

SEPTEMBER 26, 2020 [REPLY](#)

Hi Shauna, Yes, coconut oil will work great in this recipe!

GITANA RAMONAS

SEPTEMBER 17, 2020 [REPLY](#)

anybody tried to make this bread in the bread machine?

WHOLESOME YUM M

SEPTEMBER 17, 2020 [REPLY](#)

Hi Gitana, This recipe might work if you use the 'quick bread' setting, but I haven't tried it myself. Let me know if it works!

CARMEN CHAVES

SEPTEMBER 11, 2020 [REPLY](#)

★★★★★

Amazing. Taste like regular bread I added 2 tsp of sorghum and no hemp seeds It slides perfect. Wow. No Egg or coconut taste on mine. Thank you sooo much we are super happy.

JOANNE

AUGUST 31, 2020 [REPLY](#)

★★★★★

I made this bread yesterday. My son (12) helped by whisking the eggs whilst I mixed the dry ingredients. It was a doddle, so easy. It turned out a dream and after 4 hours (lots of willpower) I sliced 2 slices with ease from one end. It was delicious. My son tried it too and we both made the same comment, more salt (but then I had put a very scant/less than a tsp in, so my fault!). Later that evening I sliced up the rest – I got 19 slices out of it. I froze all but 1 slice which I kept overnight in the fridge and had toasted this morning – still delicious. Thank you for posting this recipe, it will be a firm favourite of mine as now I know I have something I can grab from the freezer for my packed lunch at work. I too like all the comments and tips and in recipes I don't want them I use the 'jump to recipe' button ☐

B MASTERS

AUGUST 30, 2020 [REPLY](#)

★★★★★

I am eating low histamine due to an eczema outbreak — which also means low carb. I normally cook with almond flour, but cannot while I'm healing, nor can I have yeast. Coconut flour is much trickier to bake with and this recipe really addresses all its pitfalls and make for delicious bread.

Admittedly I am normally a skipper and just hit the "skip to recipe" button. But I am convinced this bread would have turned out as delicious as it did had I not followed all the tips. Including cutting it up and freezing slices.

Go for it. I always eat any bread toasted and this toasts very nicely. Like a little dream.

KATE

AUGUST 29, 2020 [REPLY](#)

★★★★★

Wholesome Yum, thank you for sharing this recipe. I just popped mine into the oven, and I'm ecstatic to share that it looks just like the pic in the recipe. I decided not to add hemp or chia seeds, but went to town with the pumpkin, sesame & sunflower seeds. I can't wait to taste this masterpiece!!

CHI

AUGUST 23, 2020 [REPLY](#)

Hi, thanks for the recipe. Just a couple questions- hmmm 12 eggs seems like quite a lot?! Can you explain why it takes so much? Is there another recipe that uses less and just more flour? Also, when using chia seeds, might it work better to rehydrate the seeds first and get them plump before adding them?

Actually also a general question, would you also soak raw seeds first before mixing them into the batter? How does that work in terms of nutritional value? JUST CURIOUS!! Thanks in advance for any feedback.

WHOLESOME YUM M

AUGUST 24, 2020 [REPLY](#)

Hi Chi, Coconut flour can be very absorbent and gritty, so it needs the eggs to properly bind and hydrate the flour. There is no need to hydrate the chia seeds before adding to the recipe. If you struggle to digest nuts or seeds, then sprouting may benefit you. Sprouting doesn't change the nutritional value, but it does break down the phytic acid in nuts and seeds which prevents absorption. Please note that if you choose to sprout your nut or seeds, they will need to be purchased in raw

form. If you are interested in a bread recipe that uses fewer eggs, then I suggest trying my recipe for [Almond Flour Bread](#).

REGINA

AUGUST 22, 2020 [REPLY](#)

I am about to prepare this recipe but am surprised with the high quantity of eggs. Is it really 12 eggs for a small quantity of this Keto bread? Thank you to clarify

WHOLESOME YUM M

AUGUST 22, 2020 [REPLY](#)

Hi Regina, Yes 12 eggs is correct.

DWAIN ERHART

AUGUST 10, 2020 [REPLY](#)

I would really like to try some of these recipes. However, I find it difficult to determine the net carb count. Is there a reason that many of your recipes do not have this listed? Like I said, I would try them but not knowing how much I can eat for the carbohydrates makes me avoid them all.

WHOLESOME YUM M

AUGUST 10, 2020 [REPLY](#)

Hi Dwain, The net carb count is listed for every recipe in the recipe card – it's below the instructions. I hope this helps!

KAREN

AUGUST 4, 2020 [REPLY](#)

This recipe looks great!
But I'm wondering, does 3 cups worth of ingredients and a dozen eggs really fit into one small loaf pan???
Thanks.

WHOLESOME YUM M

AUGUST 5, 2020 [REPLY](#)

Hi Karen, Yes, it all fits in the pan! Enjoy.

C HILL

JULY 11, 2020 [REPLY](#)



Where the recipe?

WHOLESOME YUM M

JULY 11, 2020 [REPLY](#)

Hi C Hill, The recipe is about 1/4 way down the page. If you cannot see it, you may need to turn off your browser's 'reader mode' to be able to view it.

CHRISTINE SPENCER

JULY 7, 2020 [REPLY](#)

★★★★★

A very dense pleasant bread almost like a whole wheat, all of the seeds are very nice in here! It sliced well after cooling and holds up great to cream cheese! Very happy to find this bread!! was wonderful that my sister gave me a whole bag of seeds that were to go in here including hemp, Chia, ground flax, so I put them all to good use!! Thanks so much for the recipe!!

SHERYL

JUNE 26, 2020 [REPLY](#)

Hi Maya,

First of all, a great recipe. Worked extremely well even for a novice chef like myself. (I did scald myself while trying to tent but no fault of yours lol). Thanks!

However, my bread turned bad on the 4th day. I made it on Tuesday, kept it in the refrigerator on Wednesday, didn't touch it on Thursday and tried to eat one slice on Friday but it was gummy and sour what do you think could have been the reason? had to throw the rest away. so sad!

MELISSA

JULY 2, 2020 [REPLY](#)

Hi Sheryl, Did you let your bread fully cool before storing it in the fridge? If it is too warm when it goes into the fridge, it can turn gummy in the center.

SHERYL

JULY 3, 2020 [REPLY](#)

Hi! I did. I even waited till the next day hence it was definitely cooled. Not sure if that was the problem? I thought I could at least leave it overnight on the counter before refrigerating it the next day. ☐ So sad that half of it was thrown away.

WHOLESOME YUM M

AUGUST 19, 2020 [REPLY](#)

Hi Sheryl, I am so sorry this bread didn't turn out well for you. I would check the expiration on your seeds used in the bread. If any are expired,

then it would defiantly affect the taste.

MARGERY LYNCH

JUNE 7, 2020 [REPLY](#)

★★★★☆

Hi,

My doctor put me on an egg-free, nut-free, dairy-free, gluten-free, yeast-free, sweetener-free diet. I have tried many coconut flour bread recipes with many different egg substitutes. They all fail, do not rise, and most do not finish cooking in the middle, ending up with a gummy center even after several hours of baking. I tried your recipe. which calls for 12 large eggs, with a variety of egg substitutes. It was definitely tasty, but it rose only slightly and didn't hold together. Flax eggs will only work for recipes calling for 1 or 2

eggs. Ener-G egg substitute doesn't work either for so many eggs. Can you please create some coconut flour recipes without eggs or dairy that bind and actually rise? It could be simple or require a lot of ingredients. I don't care. I miss bread. Does anyone out there have a recipe that fits my restrictions? By the way, I live near Denver, a mile high, and have a 1-year-old LG oven. Thank you so much.

WHOLESOME YUM M

AUGUST 1, 2020 [REPLY](#)

Hi Margery, That's a tall order, but I'll see what I can come up with!

CAROL

JUNE 7, 2020 [REPLY](#)

Would beating the egg white and folding in the egg yolks make the bread any lighter or fluffier?

WHOLESOME YUM M

JUNE 7, 2020 [REPLY](#)

Hi Carol, I have not experimented with just whipping egg whites in this recipe, so I'm not sure if it would improve the texture or not. Please let us know how it turns out if you decide to try it!

JOAN

MAY 30, 2020 [REPLY](#)

★★★★★

What is the salt content of the bread. . There are so many ads they cover up the box in

which people are to write.

WHOLESOME YUM M

MAY 31, 2020 **REPLY**

Hi Joan, I don't know the sodium content of this bread, but if you would like to find out you can enter the recipe into an online recipe calculator. I hope this helps!

JOAN

MAY 30, 2020 **REPLY**

★★★★★

There is just too much talking in your recipe. Just post the ingredients, how to make it and the information about carbs, etc. The recipe looks very enticing and I'm going to try it. But about 1/3 of the talking could be eliminated. Many of us would pass this by because of all the verbiage.

MAYA | WHOLESOME YUM

MAY 31, 2020 **REPLY**

Hi Joan, I try to provide useful tips and information in my posts, but feel free to use the "jump to recipe" button at the top to skip directly to the recipe. Hope you enjoy the bread.

SYLVIA SANCHEZ

MAY 31, 2020 **REPLY**

I really appreciate the options of reading helpful recipe tips and tricks when interested. I also notice the "jump to recipe" which helps people get right to it (and this helps depending on how much time one has). Thank you, Maya for always providing both!

MARY C EKROOS

JUNE 1, 2020 **REPLY**

★★★★★

I agree! I like the option of reading the GREAT Tips! Thanks for providing the option. I also like being able to see the metric amounts, especially for things like flour or cheese, since the weight can change by the "packing down" of the ingredients, would it be possible to include both on the recipe? Just a thought, since I print out or refer to both during measuring & cooking! Thanks again! Mary

WHOLESOME YUM M

JUNE 1, 2020

Hi Mary, There is not currently a way to print out the metric and US cup versions without printing the recipe twice, but that is a great suggestion!

LEONORA PARKER

JUNE 26, 2020 [REPLY](#)



I love the talking and learning a lot about a very different way of cooking. Priceless information – all for free. THANKS!

EUNIQUE

MAY 29, 2020 [REPLY](#)



I love this recipe! It's my first time to bake. I used only half of the ingredients just in case it doesn't turn out fine, at least I wouldn't waste lots of ingredients. But I'm glad the bread turned out a success! Although there's a bit of eggy taste, the nuts made the bread crunchy and yummy! I like my bread a bit sweet so I added a bit of stevia sweetener to the bread but I think it didn't kick in much so next time, I'll add more sweetener and see what happens.

CLAUDINE

MAY 22, 2020 [REPLY](#)



Hi, how do you double your eggs, i mixed but they don't double. Do I separate the yolk? I will try again.

WHOLESOME YUM M

MAY 22, 2020 [REPLY](#)

Hi Claudine, Please take a moment and check out the video in the recipe card. Basically, you whip the eggs until you get enough air and volume in them to double (or triple) the amount.

LAURA

MAY 18, 2020 [REPLY](#)

Could you pretty please add how many grams per slice / serving so we can calculate the calories using a scale? It says per serving but no measurement for the serving except how many slices in a loaf. Tricky / not convenient. Thanks!

WHOLESOME YUM M

JUNE 10, 2020 [REPLY](#)

Hi Laura, This bread makes 17 servings of 1/2" slices. I hope this helps.

LORENA MADRIGAL GARCIA

MAY 9, 2020 **REPLY**

Hi! I would love to make this bread but I was wondering if I can make it with almond flour and olive oil?

Thank you!!

WHOLESOME YUM M

MAY 11, 2020 **REPLY**

Hi Lorena, I don't recommend making this bread with almond flour. If you are looking for a bread with just almond flour (no coconut), I suggest you check out this bread here for [Almond Flour Bread](#). As for the fat, I suggest using butter if you don't want to use coconut oil. I have not tested this with olive oil, so I'm not sure it would turn out as well.

CATHY

MAY 6, 2020 **REPLY**

★★★★★

Great recipe!

IVY

MAY 3, 2020 **REPLY**

★★★★★

You can add rapid rise yeast and inulin to help with the rise as well as ground flax to change up the flavor and make it less sweet.

JULIE ROBERTSON

APRIL 29, 2020 **REPLY**

★★★★★

My family loved the taste of this bread. Sandwich bread is what we have been looking for.

My bread did turn out very dry. The flavor is great, just dry. I live at 6,000 elevation, just wondering if that affects the cooking time. Any adjustments you can suggest would be greatly appreciated. We really like the flavor and depth of this bread.

Thanks

WHOLESOME YUM M

APRIL 29, 2020 **REPLY**

Hi Julie, High altitude baking is a science all its own! My suggestion is to add 4-6 tablespoons of liquid (water, almond milk, coconut milk, etc.) to the batter and that

should help with the dryness.

SUE

APRIL 28, 2020 [REPLY](#)

Hi. Can above recipe be used on a breadmaker machine?

WHOLESOME YUM M

APRIL 29, 2020 [REPLY](#)

Hi Sue, This may work if you use the "quickbread" setting, but I have not personally tested this. Please let us know how it turns out if you decide to try it.

JESSICA

APRIL 9, 2020 [REPLY](#)

★★★★☆

Good and satisfying, next time I will add some sweetener because it is missing a slight sweetness in the layers of flavor. Overall pretty darn good. I separated the eggs, whipped the whites up separate then folded the yokes into the whites to get a good rise.

RUCHI

APRIL 5, 2020 [REPLY](#)

★★★★★

I made the bread with 6 eggs and half the amount of coconut flour and none of the seeds. I used half and half of coconut oil and ghee (about 120 grams). It turned out delicious.

LAUREN

APRIL 3, 2020 [REPLY](#)

★★★★★

LOVE this recipe! I am going on a candida cleanse and need to replace the baking powder. Can I replace it with baking soda?

MAYA | WHOLESOME YUM

APRIL 3, 2020 [REPLY](#)

Hi Lauren, Thank you! Not on its own, but you can replace it with a 2:1 ratio of cream of tartar to baking soda. You'd need both of those for the soda to react.

DEANNA

MARCH 25, 2020 [REPLY](#)

I have a question...I am unable to find Psyllium Husk at my grocery store, other than what is used for constipation..can I use ground Flax seed instead, and if so what adjustments if

any do I need to use?

Thanks!

WHOLESOME YUM M

MARCH 26, 2020 **REPLY**

Hi Deanna, This recipe does not call for psyllium husk.

FRED SCHWACKE

MARCH 12, 2020 **REPLY**

★★★★☆

This recipe has a very "eggy" to the point of unpleasantness. Whipping eggs to triple volume was also problematic resulting in a low rise loaf. My second try used 1/2 teaspoon of guar gum in the eggs which thickened them slightly and allowed the volume build. I also added 1 tsp of erythritol/stevia (1:1) which greatly improved flavor, I will increase in the next loaf. At this point, my family does not like the bread except as toast and jam.

MAYA | WHOLESOME YUM

MARCH 25, 2020 **REPLY**

Hi Fred, Sorry to hear you didn't like the bread. Coconut flour is very absorbent and very dense, requiring more eggs than other breads to hold it together and whipping them helps provide volume. Great idea to add a touch of sweetener to it. If nut-free is not a requirement, I do find many readers prefer my [almond flour bread](#) or [this fluffy white keto bread](#).

RUDY

JUNE 11, 2020 **REPLY**

★☆☆☆☆

I made this recipe and unfortunately I had to throw it away. it had an overwhelming eggy smell and taste. I appreciate your effort but I won't advise someone who is sensitive to a strong eggy taste to even attempt to try it because trust me that smell and taste are too horrible.

WHOLESOME YUM M

JUNE 12, 2020 **REPLY**

Hi Rudy, I am sorry this didn't turn out as expected. You may enjoy this recipe for [almond flour bread](#) or this one for [flaxseed bread](#).

KATHY

MARCH 10, 2020 **REPLY**

★★★★★

This is an amazing recipe!!! I did make a few changes as I am not a huge fan of the taste of coconut flour. After reading through the other comments I decided to incorporate some almond flour and reduce the amount of coconut flour- 1 cup almond flour and 1/2 cup coconut flour. Then I was able to reduce the eggs down to 10 and also replaced 2 of those 10 eggs with psyllium egg (I used 2 tsp psyllium to 1/2 cup of water.)

It baked into a wonderful looking loaf. Really impressive!

I did find the baked loaf to be a bit too salty for my taste. I suspect this is due to the large amount of the flax seeds. I have found this in other recipes which use a large amount of

flax. (My flaxseeds are fresh and after I grind them I store them in the freezer). Next time I might either reduce or omit the salt altogether or switch the amounts for the flax seeds and chia seeds.

I have been gluten free for years but trying to make GF goodies truly healthy has always been a challenge. So finding this recipe and your website are a real blessing! Thanks so much!!!

LYNN

MARCH 8, 2020 [REPLY](#)

★★★★★

I love this bread! I sliced and froze a loaf with parchment paper between slices. We are camping and I just had a slice from our trailer freezer toasted for breakfast with sardines in olive oil. Delicious! Thanks so much for this recipe.

FEIWY

FEBRUARY 26, 2020 [REPLY](#)

This is the first recipe I try from this place, and I loved how well explained it was, and the video also helped a lot. My bread turned out very pretty and with a great dense structure. I used a double portion of chia, since I had no extra flax, and a double portion of pumpkin seeds. The flavor is very nice, it does taste a little eggy, but I like that, and it mixes very well with the flavor of the seeds, especially if you eat this with sausage or ham. The only weird thing that happened is that the sunflower seeds in the bread turned a dark greenish color after baking. I don't know if this is normal, but they taste normal.

Thank you!

CAROLYN

FEBRUARY 19, 2020 [REPLY](#)

I do like the overall texture of this bread; nice and hearty. But like another person posted, mine turned out very bitter. I tried eating with butter and sugar-free jam too but still couldn't cover up the bitterness. I made it with sesame seeds, pepita pumpkin seeds, and

sunflower seeds, and did use xanthan gum. No chia or hemp. Does the hemp maybe sweeten it some? And yes my seeds were fresh, right from new packages. Not sure what went wrong but I wanted to post this in case someone is surprised if it happens.

MAYA | WHOLESOME YUM

FEBRUARY 19, 2020 [REPLY](#)

Hi Carolyn, Did you by chance use baking soda instead of baking powder? That easy mistake is a common culprit for bitterness. Otherwise none of the ingredients should be bitter so can't see where it would come from.

CAROLYN

FEBRUARY 19, 2020 [REPLY](#)

Hi, no it was baking powder. I did use brown flaxseed instead of the golden, would that make a difference?

MAYA | WHOLESOME YUM

FEBRUARY 20, 2020 [REPLY](#)

It would make some difference. Brown flaxseed isn't exactly bitter, but has a stronger flavor – golden is more mild. However, if flax seed meal has gone bad, it will be bitter.

GAIL MALLETT

FEBRUARY 19, 2020 [REPLY](#)

★★★★★

Tried this recipe finally after analyzing for over a month. Fantastic bread! Really good!! A sturdy loaf that was light but chewy at the same time. Directions were spot on, immensely helpful. I did not have pumpkin seeds or hemp seeds on hand. So doubled the sesame seeds, 1/4 cup chia, added a scant 1/4 cup of psyllium (no purple bread!), and less than 1/4 cup of almond flour to replace pumpkin and hemp seeds and make sure the bread had adequate structure. I will buy pumpkin and hemp seeds to make again. Loved it!

SHAN

FEBRUARY 17, 2020 [REPLY](#)

Can I make this without flax seed meal?

WHOLESOME YUM M

FEBRUARY 19, 2020 [REPLY](#)

Hi Shan, I'm sorry, the flaxseed adds structure to this recipe. I don't think it would turn out without it.

PATTI

JANUARY 29, 2020 [REPLY](#)



Outstanding taste and really simple to make! Absolutely love it! Thank you!

JULIA

JANUARY 22, 2020 [REPLY](#)

Hi!

This recipe looks amazing. I'm in the UK and our measuring cups are different in size than yours. I tried to find a conversion chart but it differs for each ingredient any many weren't listed. Is someone able to give me the weights of the ingredients (in grams) so I can give this a go?

Many thanks in advance.

WHOLESOME YUM M

MARCH 1, 2020 [REPLY](#)

Hi Julia, Next to the title "Ingredients" there is a set of buttons to toggle between US measurements and metric. I hope this helps!

SABRINA

JANUARY 17, 2020 [REPLY](#)

Hi! Can I use coconut oil or olive oil instead of butter? If so, how much?

Thanks!

WHOLESOME YUM M

JANUARY 20, 2020 [REPLY](#)

Hi Sabrina, Yes, you can sub out any of these oils for butter in the same amounts.

CYNTHIA

JANUARY 5, 2020 [REPLY](#)



I've been looking for a good keto bread recipe! So many of them are very tiny when you cut the slices...this bread looks perfect! Printed!

CHIHYU

JANUARY 3, 2020 [REPLY](#)



Thank you for this recipe! I can enjoy delicious keto-friendly bread!

HEATHER H

JANUARY 1, 2020 [REPLY](#)

★★★★★

I don't usually like nuts in my bread but, wow, this one is amazing!

RAIA TODD

JANUARY 1, 2020 [REPLY](#)

★★★★★

Wow! I love all the seeds included. Such a healthy option for bread-lovers.

CARINA

JANUARY 1, 2020 [REPLY](#)

★★★★★

This is my kind of bread, love the addition of the different seeds, looks so delicious!

ERIN

DECEMBER 31, 2019 [REPLY](#)

I haven't baked much with coconut flour- this looks like a good place to start!

DAGMAR WHITE

DECEMBER 3, 2019 [REPLY](#)

Please advise if there is a substitute for psyllium husk. I do not have on hand and would like to make this bread. My husband is sensitive so would not eat this bread without consequence.

Thanks in advance.

WHOLESOME YUM M

DECEMBER 6, 2019 [REPLY](#)

Hi Dagmar, This recipe does not call for psyllium husk powder. Which recipe are you wanting to make?

TERESA

NOVEMBER 26, 2019 [REPLY](#)

★★★★★

Love the bread, it turned out perfect! I'd though like to use psylum instead of flax meal. Do you think it's possible? Thanks for the recipe, simply great!

WHOLESOME YUM M

JANUARY 28, 2020 [REPLY](#)

Hi Teresa, Sorry, I don't think that would work

Hi Teresa, sorry, I don't think that would work.

ROWYN

NOVEMBER 23, 2019 [REPLY](#)

Does the recipe really call for 12 eggs? I've just done up a batter and it looks like if I put all the eggs in it will just be runny.

WHOLESOME YUM M

NOVEMBER 25, 2019 [REPLY](#)

Hi Rowyn, Yes, this recipe really needs 12 eggs. Coconut flour absorbs a lot of moisture. If the batter seems runny, let it sit for about 10 minutes and it will thicken to the correct consistency.

JOAN GIBB

JUNE 5, 2020 [REPLY](#)

I tripled the eggs with the stand mixer whisk and folded the dry ingredients with the eggs. Too soupy now. I'm waiting to see if it thickens. If not I'll add more coconut flour a little at a time.

JEANETTE LEWIS

NOVEMBER 21, 2019 [REPLY](#)

★★★★★

AMAZING!

Thank you so much for this recipe. Great flavour. Great texture. Worked perfectly, looks just like the photos. There is a very subtle coconut flavour coming through which adds sweetness to the bread and with all the seeds in – for me – it's perfect!

AMY

NOVEMBER 16, 2019 [REPLY](#)

★★★★★

I made these as muffins and they were amazing! I cut the recipe in half and it made 9 muffins in a standard sized muffin pan. I baked them for 30 minutes at 325 and they came out perfect. Thank you!

STEPHANIE

OCTOBER 30, 2019 [REPLY](#)

Has anybody tried substituting the butter for olive oil? I've tried it in other bread recipes and it seems to do fine could I do it in this recipe?

.....

OCTOBER 31, 2019 [REPLY](#)

WHOLESOME YUM A

OCTOBER 31, 2019 [REPLY](#)

Stephanie, I haven't tried that so I can't say for sure. You most likely need a fat that stays solid at room temperature.

DARRELL

OCTOBER 4, 2019 [REPLY](#)

★★★★☆

It was great! I did presoak my seeds overnight (for easier digestion) and thought it tasted fine. It took a good 20-25 minutes after folding in the beaten eggs for the dough to thicken, so be patient! When I first put the eggs in it looked like an ocean of egg!

JANETTA

SEPTEMBER 22, 2019 [REPLY](#)

★★★★☆

Can you soak the flaxseed meal and the seeds overnight before baking (for easier digestion) without making the bread texture different? Thanks for this recipe and your help.

WHOLESOME YUM A

SEPTEMBER 24, 2019 [REPLY](#)

Hi Janetta, I haven't tried soaking the seeds like that so I can't say for sure. Let me know if you try that!

PATRICIA

SEPTEMBER 22, 2019 [REPLY](#)

This is lovely, is best kept in the fridge?

WHOLESOME YUM A

MARCH 10, 2020 [REPLY](#)

Hi Patricia, please find storage instructions in the main post.

J DANIEL

SEPTEMBER 19, 2019 [REPLY](#)

★★★★☆

Can you substitute olive oil for butter?

WHOLESOME YUM M

MARCH 16, 2020 [REPLY](#)

Hi J, Olive oil should work fine.

MEREDITH

SEPTEMBER 18, 2019 [REPLY](#)

★★★★★

Lemme tell you something, I made this bread 3 days ago and the only reason it's still sitting on my counter is because it's FILLING!! Before you look at that as a bad thing, realize that for bread to be filling, that means it's satisfying, which means it's delicious. It was super easy to make and unlike other Keto breads, actually toasts up pretty well. My one little teeny tiny complaint is that on its own, it's not the most *flavorful* but looking at the recipe, there is not much to give it flavor. To make up for this, toast it, throw a little butter and sugar-free honey on it and savor it. I did this with 2 pieces and I don't feel guilty at all. Thank you for bringing this into my life!

TAMMY

SEPTEMBER 14, 2019 [REPLY](#)

★★★★★

I used Aquafaba for an egg substitute and it worked out perfectly.

TAMMY

SEPTEMBER 13, 2019 [REPLY](#)

★★★★☆

I just made this . I used Aquafaba for an egg replacer. The bread is in the oven now. I will let you know how it turned out. Aquafaba is Chickpea juice that the chickpeas were cooked in. 1 tbsp =1 egg, I whipped the Aquafaba first. I'm trying to stay dairy & gluten free.

LAURA MASON

SEPTEMBER 12, 2019 [REPLY](#)

★★★★☆

I recommend a cook time of 50 minutes total. I have made this wonderful loaf many times and prefer it cooked but not dry.

ROSSY

SEPTEMBER 11, 2019 [REPLY](#)

★★★★★

WOW! Thank you so much for this amazing bread, so easy to make following your detailed instructions really appreciated them, looking forward to trying your other recipes!

DENNIS

AUGUST 28, 2019 [REPLY](#)

What if we don't have, or don't want, all of those different seeds? More of the one(s) we do have? More coconut flour?

WHOLESOME YUM

AUGUST 29, 2019 [REPLY](#)

Hi Dennis, I would recommend at minimum keeping the flax and chia. Those both help hold the bread together and add texture. You should be able to replace the other seeds with whichever variety you prefer, though.

NOSTRIL MEANY

AUGUST 17, 2019 [REPLY](#)

★★★★★

I added the xanthan gum and some psyllium husk (no hemp seeds handy). I separated the eggs and stirred in the yolks and folded in the beaten egg whites and my loaf filled the pan easily. It really is important to let it cool.

TRACEY GILL

AUGUST 9, 2019 [REPLY](#)

Hi Maya, can I make this in a bread maker? If possible, how would I modify? Thanks.

WHOLESOME YUM

AUGUST 12, 2019 [REPLY](#)

Hi Tracey, it might work if you use the quick bread setting, but I haven't tried it myself. Let me know if it works!

LEANDRIA STARR

FEBRUARY 8, 2020 [REPLY](#)

Has anyone tried in a bread maker yet? I just bought one and want to use it.

ANTOINETTE IALENTI

AUGUST 9, 2019 [REPLY](#)

Hi Maya, thank you for your website. I will be trying the keto cream cheese pancakes this weekend, however I do not have a blender. Will a hand mixer do? If this recipe works out for me than I will definitely consider purchasing your book. I look forward to trying this and other recipes in the near future.

Thanks again,
Antoinette

WHOLESOME YUM

AUGUST 12, 2019 [REPLY](#)

Hi Antoinette, a hand mixer works great! Just make sure the cream cheese and eggs are at room temperature.

DELLA REAMS

AUGUST 7, 2019 [REPLY](#)

Does this recipe really take 12 eggs for one loaf? Or is that a typo?

WHOLESOME YUM

AUGUST 7, 2019 [REPLY](#)

It's 12, Della! See the recipe video to get a better visual. ☐

PATTI

AUGUST 4, 2019 [REPLY](#)

Maya, if I double the recipe and use a regular- sized loaf pan, will it be too dense?

WHOLESOME YUM

AUGUST 7, 2019 [REPLY](#)

Hi Patti, I don't think that will work well since coconut flour has a hard time rising to begin with. Let me know if you try it, though.

COURTNEY WILSON

JULY 31, 2019 [REPLY](#)

Found out recently my hubby is allergic to egg whites... would flax eggs work in this recipe?

WHOLESOME YUM

AUGUST 6, 2019 [REPLY](#)

Hi Courtney, I haven't tried that so I don't know if it would work. Let me know if you give it a try!

KELLY

JULY 30, 2019 [REPLY](#)

I'm all about coconut and bonus, all about low carb, so this is perfect. Can't wait to dive in.

SUSAN STEPHENS

JULY 29, 2019 [REPLY](#)



Looking forward to my first slice!

LUCINDA

JULY 25, 2019 [REPLY](#)



Can't wait to try this. Have made your coconut pancakes which were a winner.

DALIA

JULY 13, 2019 [REPLY](#)

Hello. .

I would like my coconut bread to rise. Can I add yeast and how?

WHOLESOME YUM A

SEPTEMBER 5, 2019 [REPLY](#)

Hi Dalia, I haven't tested yeast here but you'd probably want to add it toward the beginning and add some kind of sugar for it to feed on. Keep in mind, it could alter the overall carb count as well.

ROBIN PANKIW

JULY 12, 2019 [REPLY](#)



This came out beautifully and sliced much more easily than I thought it would. I wonder if nuts could be substituted for the seeds? Any thoughts?

WHOLESOME YUM L

JULY 15, 2019 [REPLY](#)

Hi Robin, I haven't tried it with nuts but if you more large seeds than written the coconut flour bread will fall apart easily. If you try it with nuts be sure to let me know how it turned out.

BETH

JULY 29, 2019 [REPLY](#)



I replaced all seeds with chopped pecans. Awesome!!

SADIYA SIDDIQUI

JULY 10, 2019 [REPLY](#)

Hi. The recipe sounds awesome and would love to try. I was just wondering if I can substitute eggs with flaxseeds. Will the recipe still work?

MAYA | WHOLESOME YUM

JULY 15, 2019 **REPLY**

Hi Sadiya, Sorry, I haven't tried it with flax eggs. Let me know how it goes if you do.

GERALDINE SMOTHERS

JULY 8, 2019 **REPLY**

Do you have a recipe without flax seeds? I am estrogen dominant. Thank you.

MAYA | WHOLESOME YUM

JULY 9, 2019 **REPLY**

Hi Geraldine, Yes, you can try [this almond flour bread recipe](#) instead.

TARA B.

JUNE 25, 2019 **REPLY**

★★★★★

Just ate a slice of this — havent had a slice of bread in 2 months and MAN IT MADE ME SO HAPPY. Hubby says i cant call it bread, so im calling it tasty seedy keto loaf :). I didnt do the parchment sling and allllmost made it out in one piece — I'll definitely do it next time and I'll try the xanthan gum next time too. Thanks for your incredible detail and care in making these recipes and explaining them so so well. It's been a huge help to me.

KATHY

JUNE 24, 2019 **REPLY**

★★★★★

Thank you!

This is SUPER easy to make, tastes GREAT, toasts AMAZING, slices actually VERY thin! I am soooo happy to have found this bread recipe. I have made it for my mom, who is on a keto diet plan and now for myself, just because it tastes so good!

KELLY

JUNE 7, 2019 **REPLY**

I'd love to try this but I need to avoid flax for health reasons. Do you have a suggestion for a substitute?

WHOLESOME YUM

JULY 24, 2019 **REPLY**

Hi Kelly, I haven't tried this myself but you might be able to substitute ground chia seeds. Let me know if it works for you!

CLAIRE

MAY 23, 2020 **REPLY**

Hi there, I've recently made your bread (thank you for the recipe) and due to not having flaxseed meal I replaced with extra chia seeds at the same amount. I think it worked however my loaf turned out rather dense and extremely 'seedy'...if that makes sense. Possibly due to this alteration, but usually is the loaf more light in texture? Thank you for your time.

WHOLESOME YUM M

MAY 23, 2020 **REPLY**

Hi Claire, Yes, this substitution is what caused your bread to turn seedy. Flaxseeds and chia seeds have different properties that can give different textural results. This bread is denser than traditional wheat bread, but it will be lighter when made with flax. Best wishes!

MARGY

JUNE 4, 2019 **REPLY**

I cannot find your almond flour bread recipe.

WHOLESOME YUM

JUNE 4, 2019 **REPLY**

Hi Margy, you can find it here: <https://www.wholesomeyum.com/recipes/low-carb-bread-recipe-almond-flour-bread-paleo-gluten-free/>

KIM

MAY 23, 2019 **REPLY**

I am very disappointed that there are 232 calories in just one slice of your bread! In one slice of Sara Lee white bread, there are 70 calories per slice – your bread has more than 3 times than the Sara Lee bread. I wish I didn't have to trade calories for low carbs!!!

AMCKEN3

JUNE 25, 2019 **REPLY**

★★★★☆

Kim, Most keto breads are dense and VERY filling. Store bought white bread is complete GARBAGE and has ingredients that destroy your health. Please try to choose your health over what is easy or low calorie. Our bodies NEED the good fats and minerals in these ingredients. I fill up on mostly leafy greens and herbs so the calories in my low carb and keto bread are insignificant. The sugars I have eliminated from my diet were EMPTY calories so it evens out if you are eating right.

AMY

APRIL 28, 2019 [REPLY](#)



Delicious!!!

SYLVAIN

APRIL 28, 2019 [REPLY](#)



Very good and quite dense and filling.

KATHERINE BILLINGSLEY

APRIL 26, 2019 [REPLY](#)

After reading through the comments and answers, I'm somewhat confused. I know you say beat whole eggs to triple volume but have never seen any recipes that beat whole eggs to increase the volume. Have you thought or separating them, adding yolks first, then beating whites to peaks and folding in? That would help the volume and tenderness and not lose all the needed air in the whites. Im going to try it my way and see if it makes a difference. I would think it would also make it less runny as some have complained.

WHOLESOME YUM

AUGUST 29, 2019 [REPLY](#)

I'd love to hear an update if you try that, Katherine!

GWENDOLEN L WILLIAMS

AUGUST 29, 2019 [REPLY](#)

Did it work for you

STEVE LYDIATT

APRIL 19, 2019 [REPLY](#)

I don't think you are going to like my comment. BECAUSE THIS IS FOR EVERYBODY: DON'T USE WHOLE EGGS! Bread become not only egggy and inedible...It was horrible! I don't use soda or baking powder. And I used egg whites only, herbs(oregano,thyme etc) for savory breads; dried berries(cranberry,blueberries etc) for sweet.

MEREDITH

SEPTEMBER 16, 2019 [REPLY](#)



I don't really think you can criticize her use of whole eggs if you alter the recipe anyway. Maybe the omission of baking powder and using only egg whites caused it to be "inedible." It's also possible that you may have followed the recipe incorrectly, given how the majority of the other comments are positive. Although you are

entitled to your opinion!! ☐

KATHLEEN

APRIL 18, 2019 **REPLY**

I made this bread a couple of days ago and I must have done something wrong. It came out beautiful, just like the picture but it tasted terrible! My husband actually spit it out and said it was the worst thing he ever tasted. It was very, very bitter. I spread sugar free jam on it and I still could barely manage to eat it. I am wondering if it was some of the seeds? I may try again but not knowing what happened, I hate to waste all those eggs and seeds. I have only been gluten free (wheat allergy) for a couple months but I usually don't mind coconut flour baked goods. Any idea why my bread turned out so bitter? By the way the eggs were fresh from our neighbors hen house so I know they were good.

MAYA | WHOLESOME YUM

APRIL 18, 2019 **REPLY**

Hi Kathleen, Sorry to hear that happened! It should not be bitter at all. Did you by chance use baking soda instead of baking powder? That would make it bitter and probably inedible. ☐ Otherwise, it's possible that one of the other ingredients had gone bad?

KATHLEEN

APRIL 19, 2019 **REPLY**

All of the ingredients were fresh. However I bought black sesame seeds by mistake and wonder if that was what made it bitter as I have read they can be a bit bitter. I also wondered if I should have toasted the seeds, all were raw seeds. I love all your recipes so I know I must have done something wrong.

MAYA | WHOLESOME YUM

APRIL 19, 2019 **REPLY**

Hi Kathleen, Oh, that could have been it too! I haven't tried it with black sesame seeds.

AMCKEN3

JUNE 25, 2019 **REPLY**

Your seeds may have gone rancid during shipping (if they get too hot they go rancid) also raw seeds have to be soaked (to remove the enzyme and mineral blocking phytic acid, that brown stuff you see in a bowl if you have ever soaked legumes...its in all seeds too) to remove the phytic acid. I buy organic sprouted pumpkin seeds etc. they are so much better for our health, they are not as crispy as the raw and roasted but I always choose what's healthy over what my taste buds are used to.

AGLAYA

JULY 31, 2020



oh my goodness! Wholesome yum bread is now my go to. My husband and I absolutely love it! I have used my ninja bullet to try and whip up the eggs in 2 batches. Didn't seem to triple but still worked well. Today, my 3rd time enjoying your recipe, I decided to whip the eggs in my kitchenaid. WOW! I wasn't sure all the egg would fold in, but it did! Going to bake it now. THANK YOU, THANK YOU!

CYNDY

JUNE 16, 2020 [REPLY](#)

Bread internal temp for proper cooking is 190 degrees to 205

Why is yrs so low at only 170*?

WHOLESOME YUM M

JUNE 17, 2020 [REPLY](#)

Hi Cyndy, This bread is made with coconut flour and a large number of eggs. It is not like traditional wheat bread baking. The ideal temp for this bread is 170 degrees F.

CATHY

APRIL 13, 2019 [REPLY](#)

Why so many eggs ??? Yikes

MAYA | WHOLESOME YUM

APRIL 15, 2019 [REPLY](#)

Hi Cathy, This is typical for coconut flour, it's very absorbent and needs a lot of eggs.

CHRISTIAN PREVOST

APRIL 7, 2019 [REPLY](#)

12 eggs...does it taste eggie?

MAYA | WHOLESOME YUM

APRIL 9, 2019 [REPLY](#)

Hi Christian, Baking with coconut flour requires a lot of eggs. I don't think it tastes eggy, as the seeds cover that up pretty well.

CONNIE CONDRA

JUNE 11, 2020 [REPLY](#)

★★★★★

It depends. My daughter-in-law think it does. I don't. She says it is good as French toast.

CARO

AUGUST 4, 2020 [REPLY](#)

★★★★★

I didn't want a sweet bread because on my strict Keto I can't use jam or honey. So I added a tablespoon of dried parmesan cheese which seemed to make no difference to the volume of dry ingredients. The bread was absolutely delicious (with or without lashings of butter). I was intrigued by the process of whipping whole eggs and would say it really requires an electric whisk and one has to persist until the egg mixture literally triples in quantity and changes to a pale colour. I am so happy to have a bread that I can enjoy. Thank you so much.

VALERIE K

APRIL 6, 2019 [REPLY](#)

★★★★☆

We made this bread last night and it's yummy. However, it breaks up when making a sandwich. What do you think I did wrong?

MAYA | WHOLESOME YUM

APRIL 9, 2019 [REPLY](#)

Hi Valerie, It has been fairly sturdy for me but less so than a regular bread. If you want to make it more sturdy for next time, you can add 1/4 tsp to 1/2 tsp of xanthan gum to the dry ingredients.

NATALIE

MARCH 29, 2019 [REPLY](#)

Was wondering if this recipe could be a success using a bread maker.

MAYA | WHOLESOME YUM

MARCH 29, 2019 [REPLY](#)

Hi Natalie, I haven't tried it in a bread maker. If you do, I recommend the quick bread setting.

JOYCE LEE

MARCH 3, 2019 [REPLY](#)



New to low carb. I love bread and seeds and have made these twice! The recipe is perfect! Love the texture. Thanks!

LAURA OSIER

MARCH 2, 2019 [REPLY](#)



I am new to your website. I have been viewing it for hours now. I am so excited and can't wait to start trying your recipes. YEAH!

JANET

MARCH 1, 2019 [REPLY](#)



Dear Maya

I made the bread today and it came out so delicious. This recipe is a keeper with low carbs and nutty flavour.

Thanks for sharing

Janet

NEW TO GF

MARCH 1, 2019 [REPLY](#)

Please could you tell me if your temperature is for a fan-assisted oven or regular top & bottom heat? Many thanks!

MAYA | WHOLESOME YUM

APRIL 15, 2019 [REPLY](#)

Baking times on the website are always for a regular oven, as this is what most people have. I do have a convection setting but do not turn it on for recipe testing. Hope this helps!

MADDI SZTO

FEBRUARY 23, 2019 [REPLY](#)

Hi can I substitute coconut oil for butter?

MAYA | WHOLESOME YUM

MARCH 19, 2019 [REPLY](#)

Hi Maddi, Yes, you can do that.

SHIRLEY WILCOX

FEBRUARY 22, 2019 [REPLY](#)



Had toast for the first time in five weeks! Love this bread! Soooooo good. Thank you!

ELIZABETH

FEBRUARY 8, 2019 [REPLY](#)



I was skeptical about baking with coconut flour as a new keto convert... This recipe blew me away!! After a month of no carbs, I was really craving bread. This loaf is completely delicious! It tastes so nutty and seedy, not at all like coconut as some of the flatbreads I have made do. The texture is perfect! Slightly more dense than wheat bread but I think this makes better toast. It even rose beautifully. I've sliced it and popped it in the freezer between sheets of baking parchment as instructed. Excited to have toast for breakfast! So surprised and very very happy! Thank you so much!

MAYA | WHOLESOME YUM

FEBRUARY 8, 2019 [REPLY](#)

Yay, I'm so glad to hear that, Elizabeth! I agree it's more dense than regular bread – can't completely avoid that when coconut flour is a primary ingredient – but agree the nuttiness of the seeds makes up for it.

HEIDI KRAMAR

FEBRUARY 3, 2019 [REPLY](#)



I just made this for the first time and am completely blown away at how good the texture and taste is! I have tried a few other keto bread recipes and did not like them at all so I was a little hesitant to give this one a try. I'm glad I did. Thank you so much!!

TERRY

DECEMBER 25, 2018 [REPLY](#)



This is so great! Very easy to make. I was a little worried when it was wet enough to pour, but it turned out fantastic! Checking temperature is important. Friends and family that are gluten free or not enjoyed it. Thank you.

DECEMBER 11, 2018 [REPLY](#)

HAYLEY

DECEMBER 11, 2018 [REPLY](#)

Is it not 1.5 teaspoons of baking powder?

MAYA | WHOLESOME YUM

JANUARY 18, 2019 [REPLY](#)

Hi Hayley, No, the amount for this recipe is 1.5 tablespoons.

SHARON

NOVEMBER 21, 2018 [REPLY](#)

Anything else I could use to replace the flax seed meal?

MAYA | WHOLESOME YUM

DECEMBER 26, 2018 [REPLY](#)

Hi Sharon, Possibly psyllium husk powder but the recipe may require other modifications. If you don't have or don't like flaxseed meal, you might want to try one of my other [low carb bread recipes](#).

SHARON JONES

NOVEMBER 12, 2018 [REPLY](#)

★★★★★

Wow, easy and delicious! If I can make this bread, anyone can. Thank you so much for the easy instructions and working the recipe to perfection.

Sincerely,

Sharon

MAYA | WHOLESOME YUM

NOVEMBER 18, 2018 [REPLY](#)

Thank you so much, Sharon! I'm so glad you liked it.

NICOLE

OCTOBER 17, 2018 [REPLY](#)

★★★★★

Bread is in the oven, so easy!! I love all of your recipes, they are always a hit. Can't wait to eat a grilled cheese using my homemade bread!

MAYA | WHOLESOME YUM

OCTOBER 26, 2018 [REPLY](#)

Thank you so much, Nicole! Grilled cheese sounds amazing!

PAT

SEPTEMBER 27, 2018 [REPLY](#)



Do I separate the yolks and whites or just beat the eggs as they are until triple volume? I'm confused because in one comment someone asks why the batter turned out really watery, and you ask if they beat their egg whites until stiff peaks form... although I don't see that in the instructions. Please reply! I really want to make the bread the right way, it looks super good!!!!

MAYA | WHOLESOME YUM

OCTOBER 2, 2018 [REPLY](#)

Hi Pat, So sorry about the confusion! I edited my comment about beating the whites, which was meant for a different recipe I have. For this one, just beat the eggs until triple in volume. Hope you like the bread!

SYLVIA SANCHEZ

SEPTEMBER 25, 2018 [REPLY](#)

Hello,

I commented earlier because I wasn't sure about the number of eggs or if one needed them separated. Did I miss the part where you mention beaten egg whites? There was a reply to another commenter about the batter being runny and you asked if the egg whites were beaten to stiff peaks. I assumed the ingredients and instructions lists whole eggs. I would love to try this bread but I don't want it to come out wrong. Clarification please. Thanks

MAYA | WHOLESOME YUM

OCTOBER 6, 2018 [REPLY](#)

Hi Sylvia, Sorry about the confusion. I was thinking about a different recipe and edited my original reply to the other comment. Just whole eggs for this one, beaten to triple volume.

JACK

SEPTEMBER 23, 2018 [REPLY](#)



I made this yesterday and was surprised at how easy it was to make and how good it tastes. I have refrained from buying paleo / keto loafs from the organic stores but now have a fairly simple way to make this. Thanks so much for sharing the recipe – can see me making one of these weekly. ☐

MAYA | WHOLESOME YUM

SEPTEMBER 24, 2018 [REPLY](#)

I am so happy you liked the bread, Jack! Have a great day!

SARAH THOMAS

SEPTEMBER 22, 2018 [REPLY](#)

Maya

Please help. I tried your coconut flour bread and followed your recipe accurately. The final mix was very liquid — like soup and it seemed all wrong. I mean the 12 large eggs and 3/4 cup butter to 1 cup of coconut flour and 1/2 cup flax seed meal will surely give a very watery batter. What am I doing wrong? My batter before baking looks nothing like yours in the pics.

Would be very grateful for help as this is the third bread recipe I've tried this weekend and none are any good. I'm getting so discouraged.

MAYA | WHOLESOME YUM

SEPTEMBER 25, 2018 [REPLY](#)

Hi Sarah, Sorry to hear you had issues with the bread. Did you beat the eggs to increase their volume? I have a picture above of what the batter should look like – it should be fluffy, not liquid at all. If yours was liquid, most likely the eggs were either not beaten enough OR the batter was overmixed, causing the eggs to deflate too much. Hope that helps!

AMY

OCTOBER 2, 2018 [REPLY](#)

Your recipe doesn't say egg whites, it says eggs. You never say to separate them so anyone not familiar with GF bread using egg whites won't know to just use the whites.

MAYA | WHOLESOME YUM

OCTOBER 6, 2018 [REPLY](#)

Sorry about the confusion, Amy! I was thinking of another recipe when I mentioned whites. I edited the comment to reflect the correct way,

which is the same as the recipe card – just whole eggs beaten to triple volume.

MEREDITH

SEPTEMBER 16, 2019 [REPLY](#)



Check the size of your eggs!! My friend made a bread the way the recipe was written but used jumbo eggs and the bread turned out all wrong!

DOREEN

SEPTEMBER 18, 2018 [REPLY](#)



This really is the best thing since...sliced bread! LOL!! This is now my go to recipe for when I need more 'bread' available than the 90 second mug loaf. When I have friends over etc. Thank you Maya for all the really great recipes and sensible advice you give for gluten free and keto living. I was becoming really desperate with health problems, weight problems and really hating most GF recipes I tried. You are a life saver. And if anyone is in any doubt about this recipe...it's a winner. Give it a try. You will definitely NOT be disappointed.

MAYA | WHOLESOME YUM

SEPTEMBER 18, 2018 [REPLY](#)

Thank you so much, Doreen! I'm so glad you like the bread!

HOUDA

SEPTEMBER 17, 2018 [REPLY](#)



Hi maya!, it looks so good! Thank you.

MAYA | WHOLESOME YUM

SEPTEMBER 20, 2018 [REPLY](#)

Thank you, Houda!

MONIQUE

SEPTEMBER 17, 2018 [REPLY](#)



I have made this one after getting the recipe. And after making it i just felt wow. It was awesome. I am gonna make again soon.

MAYA | WHOLESOME YUM

SEPTEMBER 27, 2018 [REPLY](#)

I am so happy you liked the bread, Monique! Thanks for stopping by!

E.S. PULLIAM

SEPTEMBER 11, 2018 [REPLY](#)

I cannot eat most seeds. Can this be made without them?

MAYA | WHOLESOME YUM

SEPTEMBER 11, 2018 [REPLY](#)

There are tips in the post above if you'd like to replace some of the ones you can't

eat with ones you can. I don't recommend omitting them altogether, in that case try a different recipe. You can find other [low carb bread recipes here](#).

VAL

SEPTEMBER 10, 2018 **REPLY**

★★★★☆

Thank you so much for this really lovely recipe. I just wanted to share that made a mistake baking this yesterday. I accidentally added Almond Flour instead of Coconut Flour, so I just doubled the amount of flour and added only 8 eggs to the recipe and it came out perfect.

Guess mistakes are not always bad. Thanks again.

MAYA | WHOLESOME YUM

SEPTEMBER 10, 2018 **REPLY**

Thank you for sharing, Val! I'm so glad it worked out for you.

BRYAN

SEPTEMBER 10, 2018 **REPLY**

★★★★★

I've never baked with coconut flour before! This is an interesting recipe but I like it because it's really nutty. Thank you for sharing, I'll try this out soon!

MAYA | WHOLESOME YUM

SEPTEMBER 10, 2018 **REPLY**

Thanks, Bryan – hope you like it!

SASHA

SEPTEMBER 10, 2018 **REPLY**

★★★★★

This is officially my favourite keto bread!

I made it on Sunday morning, following the recipe exactly (I love that you offer metric conversion in the recipe card!). It was very hard to wait until Sunday evening to slice and taste it but it was so worth it! I love the texture and the way it holds its shape perfectly. And it tastes delicious!

Thank you so much for the recipe! I see lots of sandwiches in my future lunch box menus!

MAYA | WHOLESOME YUM

SEPTEMBER 10, 2018 **REPLY**

Thank you so much, Sasha! I'm so glad you enjoyed the bread and found the metric

conversions helpful.

ROBERTA

SEPTEMBER 6, 2018 [REPLY](#)



This recipe is great, but (without misunderstanding, it's just a note), you shouldn't classify it as "Keto paleo bread", since butter and xanthan gum aren't paleo ingredients. Butter is just Primal and the thickener is controversial in both of these diets. So: perfect for keto and low carb, but not definitely Paleo... I just specify it to avoid people finding the recipe with key-source and then be disappointed leaving your marvelous blog if they are at first sight of it, they may consider it not worthy of more visits (losing great opportunities of wonderful and healthy, also really Paleo recipes!). Hope you understand my intention to help, if you'll consider my note and correct the title/option, it's your choice of course!

MAYA | WHOLESOME YUM

OCTOBER 26, 2018 [REPLY](#)

Hi Roberta, Thank you for sharing. It's true that butter and xanthan gum can be controversial for paleo diets, but some people do choose to include grass-fed butter. That being said, you can probably substitute coconut oil or ghee if you prefer not to use butter. I actually omitted xanthan gum in the main recipe on the recipe card, since many paleo followers prefer not to consume it, but added it as an option in the post for people who want a chewier bread and don't mind using it.

NOLA RODEN

SEPTEMBER 6, 2018 [REPLY](#)

Just wondering if cream of tartar would help with the rising process. I have another keto bread recipe that uses it! I am anxious about making this one with the seeds. Yummy!

Thanks so much for the recipe!

MAYA | WHOLESOME YUM

SEPTEMBER 6, 2018 [REPLY](#)

Hi Nola, Possibly a little. Primarily, cream of tartar is used either to react with baking soda (not needed here since we use baking powder) or to stabilize egg whites/increase their whipped volume. I haven't tried, but I suppose in theory adding it to the eggs when beating will increase their volume even more, which could help. Let me know if you try it!

DOREEN

SEPTEMBER 6, 2018 [REPLY](#)

DOREEN

SEPTEMBER 5, 2018 [REPLY](#)



Looks like a lovely recipe that I will definitely try! Who would have thought that GF Keto cooking/eating would lead to so many gorgeous baking recip items! GF loaves from the shops are SO FULL of carbs and taste like cardboard. I have been medically GF for a long time now, and been eating Keto for quite a while as it's the only way I have found of losing weight successfully, and I had virtually given up any hope of eating bread or the occasional cake for a treat as well. So thank you Maya! You have made my eating habits bearable again! Your website is now my go to for delicious GF Keto recipes that do actually work for me.

MAYA | WHOLESOME YUM

SEPTEMBER 6, 2018 [REPLY](#)

Totally agree with you, Doreen! It means a lot that the site and recipes are helping you. Enjoy the bread!

CHEF WILLIAM

SEPTEMBER 5, 2018 [REPLY](#)



Thank you for sharing this recipe. I can get all the ingredients right here in Puerto Vallarta, Mexico. Tomorrow morning around 4 a.m. I will make a loaf, so that I can try a slice when I finish my IF at around 2 p.m. I will be making some of your almond breads soon but for now coconut flour is what I have on hand so this is the way I will go. Before keto I always bought the breads with seeds, the more seeds the better, it looks like you have that covered nicely here.

MAYA | WHOLESOME YUM

SEPTEMBER 6, 2018 [REPLY](#)

Glad to hear that, William! Hope you like the bread.

DORA MARQUART

SEPTEMBER 5, 2018 [REPLY](#)



You may have just made it possible for me to stick to this new way of eating, thank you!

MAYA | WHOLESOME YUM

SEPTEMBER 5, 2018 [REPLY](#)

Yay, so glad to hear that, Dora! Hope you love the bread.

MELISSA

SEPTEMBER 5, 2018 [REPLY](#)

Just a quick question, in regards to the bread rising, what kind of pan is best? I have a "loaf" type pan, but when I make my breaks they never rise, I have to assume this is because I never beat my eggs, is that the key? Or is it my pan?

MAYA | WHOLESOME YUM

SEPTEMBER 5, 2018 **REPLY**

Hi Melissa, You need a [small loaf pan like this](#). Coconut flour bread just doesn't rise very well, but beating the eggs does help, so don't skip that step.

SYLVIA SANCHEZ

SEPTEMBER 5, 2018 **REPLY**

Hello,

Any thoughts on separating eggs and only using egg whites for this? Would it taste "less eggy?" Thoughts about using a bit of yeast to this and/or using unflavored beef gelatin? Also, I have shelled hemp seeds, would that work? Thanks!!

MAYA | WHOLESOME YUM

SEPTEMBER 5, 2018 **REPLY**

Hi Sylvia,

I haven't done it that way but you can try that! I did only use whites in my other [keto paleo bread recipe here](#). You'd probably need more whites if using only whites; the exact equivalent is 18 whites for 12 eggs, but not sure if that's the right conversion to work for the recipe. Let me know if you try something like that.

I haven't added yeast or gelatin to it either. I can see how gelatin might improve texture. I tried xanthan gum and that definitely does. To add yeast, you'd also need to add some kind of sugar for the yeast to consume, which wouldn't be in the end result.

Shelled hemp seeds are the right kind to use.

WELCOME!



I'm Maya Krampf - [cookbook author](#), recipe developer, [meal plan creator](#), writer, photographer, and keto advocate. My low carb keto blog contains EASY, natural,



keto & low carb recipes, with
10 ingredients or less!

I'm also the founder of **Wholesome Yum Foods**,
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