

A close-up photograph of several slices of whole wheat bread on a white plate. The bread has a golden-brown crust and a porous, airy interior. The background is softly blurred, showing green foliage and a hint of a white object. A light blue rectangular box with a thin black border is centered over the top half of the image, containing the text 'BREADS & BAKING' in a black, serif font.

BREADS & BAKING

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Hi there! I'm Angela, the cook behind Divalicious Recipes blog.

When you are eating low carb or gluten free, one of the main things that you may miss is bread and baked goods. Do not fret my friend, you can still munch on a bread roll and have toast in the morning!

I mainly use coconut, almond and ground flaxseed flour for my baking. Once you get used to baking with this, there will be no stopping you in the kitchen!

This cookbook contains a selection of recipes from my food blog, Divalicious Recipes,

I hope you enjoy them!

Angela.

For more recipes, please visit Divalicious Recipes
www.divaliciousrecipes.com



Sandwich Bread



A quick grilled cheese sandwich bread recipe made from coconut flour and cooked in the microwave I also use this for French toast too!

Servings: 1

Nutritional Info entire recipe 572 Calories, 43g Fat, 29g Protein, 17g Total Carbs, 10g Fibre, 7g Net Carbs

Grilled Cheese Sandwich

Ingredients

- 1 tblspn butter (melted) PLUS butter for frying
- 2 large eggs
- 2 tblspns water
- 1/2 tspn baking powder
- 1/2 tspn garlic powder
- 1 tspn dried oregano
- 2 tblspns coconut flour
- salt and pepper
- Cheese for the filling, sliced thinly.

Instructions

1. Mix the egg and water together and whisk well.
2. Add the butter and blend.
3. Add the coconut flour, baking powder, herbs and seasoning and mix until smooth.
4. Place in a square or rectangle microwave dish and spread out evenly.
5. Cook in the microwave for about 2 minutes until cooked and firm
6. Remove from the container and slice in half for two pieces of "bread".
7. Heat the remaining butter in a frying pan and cook one piece until golden brown, then remove.
8. Place the remaining piece of "bread" in the pan and layer on the cheese/toppings, then place the other piece of "bread" on top and cook until the cheese is melted.



Flax Seed Sandwich Bread

Ingredients

- 2 cups flax seed meal
- 1 tblspn baking powder
- 1 tspn salt
- 1-2 Tablespoons sugar substitute
- 5 beaten eggs
- 1/2 cup water
- 1/3 cup oil

Instructions

1. Preheat the oven to 180C/350F degrees. Prepare pan (a 10X15 pan with sides works best) with oiled parchment paper.
2. Mix the dry ingredients very well.
3. Add the wet ingredients to the dry mixture and mix thoroughly. Let stand for a couple of minutes for the mixture to thicken.
4. Pour batter onto pan. Because it's going to tend to mound in the middle, you'll get a more even thickness if you spread it away from the center somewhat, in roughly a rectangle an inch or two from the sides of the pan (you can go all the way to the edge, but it will be thinner).
5. Bake for about 20 minutes, until it springs back when you touch the top and/or is visibly browning even more than flax already is.
6. Cool, cut into what ever sizes you want, eat and enjoy!



Servings: 8 Pieces

Nutritional Info per slice – 225 Calories, 17g Fat, 9g Protein, 10g Total Carbs, 8g Fibre, 2g Net Carbs



Coconut Flour Sandwich Bread

Ingredients

- 1/2 cup coconut flour
- 3 egg whites
- 2 whole eggs
- 4 tbsps coconut oil
- 1 tblspn baking powder
- 2 tbsps psyllium husk powder
- 2 tbsps apple cider vinegar
- 1/2 tspn salt
- 1 tspn onion powder
- 1 tspn garlic powder
- 1 tspn oregano
- 1/4 cup boiling water

Instructions

1. Pre-heat the oven to 180/350F degrees and line a baking tin with parchment paper.
2. Mix the coconut, baking powder, psyllium powder and spices in a bowl.
3. Add the eggs and oil and mix thoroughly.
4. Add the apple cider vinegar.
5. Add the boiling water.
6. Mix thoroughly.
7. Pour the mixture into the parchment lined baking tin and bake for 30 minutes until firm.!
8. Cut into quarters to make a sandwich.
9. Add a filling or use it for a grilled cheese sandwich!

Servings: 4 slices

Nutritional Info per quarter - 266 Calories, 19g Fat, 8g Protein, 17g Total Carbs, 11g Fibre, 6g Net Carbs

Savoury Muffins



A great savoury muffin that is great for a savoury breakfast on the go. Especially delicious as a side with a tomato soup.

Servings: 6 Muffins

*Nutrition: Per Muffin: 190 Calories;
15g Fat; 8g Protein; 6g Carbohydrate;
3g Dietary Fiber; 3g Net Carb*

Cheese, Chive & Onion Muffin

Ingredients

- 4 eggs
- 1/4 cup melted butter
- 1/4 cup water
- 1/3 cup coconut flour
- 1/4 tspn baking soda
- 1/4 tspn salt
- 1/4 tspn ground white pepper
- 1/4 cup Parmesan Cheese, grated
- 2 tblspns fresh chives, finely chopped
- 1/3 cup Cheddar Cheese, grated
- 3-4 spring onions, finely chopped

Instructions

1. Preheat the oven to 200C/400F degrees.
2. Mix the eggs, butter, water and salt and combine well.
3. Add the coconut flour and baking soda and blend until smooth with no lumps.
4. Add the Parmesan, Cheddar Cheese, chives and spring onions and mix well. Season with the pepper to taste.
5. Line a muffin tin with muffin cups and spoon the mixture into them. Sprinkle on some grated cheese if you wish (either Parmesan or Cheddar works well)
6. Bake for 12-15 minutes until golden and firm.
7. Eat and enjoy!

Halloumi & Mint Muffins

A savoury coconut flour muffin that is flavoured with halloumi cheese and mint. Halloumi and mint usually appear together in a salad but I've seen a Greek bread recipe combining these two flavours so thought I'd try it in a savoury muffin form.

Ingredients

- 1 cup grated halloumi cheese
- 1/3 cup coconut flour
- 4 eggs
- 1/4 cup melted butter
- 2 tbsps fresh chopped mint
- 2 lemons - rind and juice
- 1/2 tspn salt
- 1/4 tspn baking soda
- 1/4 cup water

Instructions

1. Preheat the oven to 200C/400F degrees.
2. In a bowl mix the eggs, water and melted butter.
3. Add the coconut flour, salt, baking soda and seasoning to the egg mixture and mix well.
4. Gently stir in the halloumi and mint and combine well.
5. Spoon into a muffin tin, lined with cases.
6. Bake for 15-17 minutes until the tops are slightly golden.
7. Eat and enjoy!

Servings: 6 Muffins

*Nutritional Info per muffin: 200 Calories: 16g Fat:
3g Net Carbs: 6g Total Carbs: 3g Fibre: 9g Protein*



Goats Cheese, Onion & Rosemary Muffins

These low carb savoury goats cheese muffins are just so easy to make. I whipped up a batch in between other baking like a cooking machine

Ingredients

1/3 cup (37g) coconut flour
1/4 cup (56g) butter, melted
4 eggs
1 large red onion, peeled and finely chopped
1 tblspn fresh rosemary, finely chopped
85g goats cheese
1/4 cup water
1/4 tspn baking soda
2 tblspn olive oil

Instructions

1. Heat the olive oil in a frying pan and gently cook the onion for about 15-20 minutes on a low heat until soft and slightly golden.
2. Set aside.
3. Preheat the oven to 200C/400F degrees.
4. In a bowl mix the eggs, water and melted butter together.
5. Add the coconut flour, salt, baking soda and seasoning to the egg mixture and mix well.
6. Crumble the goats cheese and add to the mixture.
7. Gently stir in the onion and rosemary and combine well.
8. Add more water if the mixture is too stiff.
9. Spoon the mixture into a muffin tin, lined with cases.
10. Bake for 15-17 minutes until the tops are slightly golden.
11. Eat and enjoy!

Servings: 6 Muffins

Nutritional Info per muffin - 192 Calories, 15g Fat, 7g Total Carbs, 4g Net Carbs, 3g Fibre, 8g Protein

Wraps



The beauty of this recipe is that it is very flexible and you can roll the wraps up with no cracking.

Servings: 8 – 10 Wraps

Nutrition per wrap: 14g Fat; 5g Protein; 7.3g Carbohydrate; 5.7g Dietary Fiber; 1.5g Net Carb

Low Carb Tortilla Wraps

Ingredients

- 1 cup almond flour
- 1/4 cup coconut flour
- 1/4 cup ground flaxseed
- 2 tblspns psyllium husk powder
- 1 tspn salt
- 1/2 tspn onion powder (optional)
- 1/2 tspn garlic powder (optional)
- 1 cup boiling water

Instructions

1. Place all the dry ingredients into a bowl and mix well.
2. Gradually add the water and work the mixture into a dough.
3. Let the dough rest in the fridge for 30 minutes.
4. Cut into quarters and roll the dough in between two layers of parchment paper. Roll it as thin as you can.
5. Use a 20 cm / 8 inch lid or bowl to cut out the wrap.
6. Repeat until you have used all the mixture and have a pile of tortillas.
7. Heat a frying pan on a medium heat and place the tortilla in. You can add oil or butter at this point if you wish. (try both ways to see what works best for you).
8. Cook for about 2 minutes on each side until golden.
9. Eat and enjoy!



Flaxseed Sandwich Wraps

This is a great low carb and gluten free wrap for sandwiches. If you are allergic to coconut or almond flour, then welcome to flaxseed!

Ingredients

- 2 tblspns ground flax
- 1 egg
- 1 tblspn melted butter
- 1 tblspn water
- 1/4 tspn baking powder
- 1 -2 tblspn oil (for frying)

Instructions

1. Mix all ingredients well. I used a whisk.
2. Heat the oil in a frying pan.
3. Pour the batter in the pan and cook until firm on one side. Flip and cook on the other side.

Nutritional Info: 223 Calories, 19g Fat, 9g Protein, 5g Total Carbs, 4g Fibre, 1g Net Carbs

Servings: 1 Wrap

Coconut Flour and Psyllium Flatbread

This coconut flour flatbread is another great use of Psyllium in a grain free bread recipe and is very easy to make too. Since Psyllium and coconut flour are high in fibre this bread is very filling.

Ingredients

60g coconut flour
2 tblspn psyllium husk powder
40g coconut oil (or melted butter)
1/2 tspn salt
1 tspn baking powder
250g boiling water (boil it just as you need it)
herbs/garlic powder (optional)



Instructions

1. Mix the dry ingredients with a hand whisk.
2. Add the oil and blend well. It will look like a nut butter.
3. Add the boiling water, half at a time and blend until a dough like mixture forms.
4. Divide the mixture into 3 large balls.
5. Roll the balls between 2 sheets of greaseproof paper and flatten out.
6. Dry fry in a pan for 2– 3 minutes each side, until golden.

Servings: 2-4

Nutrition – Each :: 185 Calories; 12g Fat; 3g Protein; 16g Carbohydrate; 11g Dietary Fiber; 5g Net Carb

Bread Rolls



Servings: 6 Rolls

Nutritional Info per roll- 301 Calories, 24g Fat, 15g Total Carbs, 5g Net Carbs, 10g Fibre, 11g Protein

Almond Flour Rolls

As well as rolls, you could mould this into a bread tin and have a loaf of tasty bread. I made a small loaf and had toast with my scrambled eggs for breakfast.

Ingredients

- 2 cups almond flour
- ¼ cup ground flaxseed flour
- 4 tblspns psyllium husk powder
- 1 tblspn baking powder
- 2 tblspns olive oil
- 2 egg whites
- 2 eggs
- 1 tblspn apple cider vinegar
- ½ tspn salt
- 1 cup boiling water

Instructions

1. Pre-heat the oven to 180C/350F degrees
2. Place the almond flour, baking powder, psyllium husk powder, flax-seed flour and salt in a bowl and mix thoroughly.
3. Add the olive oil and eggs and blend well until the mixture looks like breadcrumbs.
4. Add the apple cider vinegar and mix well.
5. Gently add the water, a bit at time and stir into the mixture (you may not need it all).
6. Let the mixture stand for 30 minutes to firm up.
7. Line a baking tray with parchment paper.
8. Using your hands, make a ball of the dough (I find keeping my hands wet helps with the sticky dough).
9. Place the balls on the parchment paper lined baking tray.
10. Bake for 30 minutes until golden and firm.

Coconut Flour Rolls

Ingredients

- 1/2 cup (56g) coconut flour
- 4 tblspn (26g) golden flax-seed flour
- 2 whole egg
- 2 egg whites
- 2 tblspn coconut oil
- 1 tblspn baking powder
- 2 tblspn psyllium husk powder
- 1 tblspn apple cider vinegar
- 1/2 tspn salt
- 1/4 cup boiling water (more may be required)

Instructions

1. Pre-heat the oven to 180C/350F degrees
2. Place the coconut flour, baking powder, psyllium husk powder, flax-seed flour and salt in a bowl and mix thoroughly.
3. Add the coconut oil and eggs and blend well until the mixture looks like breadcrumbs.
4. Let the mixture sit for 30 minutes to thicken up.
5. Add the apple cider vinegar and mix well.
6. Gently add the water, a bit at a time and stir into the mixture (you may not need it all).
7. Line a baking tray with parchment paper.
8. Using your hands, make a ball of the dough (I find keeping my hands wet helps with the sticky dough).
9. Place the balls on the parchment paper lined baking tray.
10. Bake for 30 minutes until golden and firm.

Nutritional Info per roll - 172 Calories, 10g Fat, 14g Total Carbs, 5g Net Carbs, 9g Fibre, 6g Protein



Servings: 6 Rolls



Servings: 6 Rolls

Nutritional Info per roll - 420 Calories, 34g Fat, 14g Protein, 20g Total Carbs, 18g Fibre, 2g Net Carbs

Flaxseed Flour Bread Rolls

Are you following a low carb or gluten free lifestyle (I refuse to use the word diet) and missing bread? Need a bread roll for your keto and paleo lunch plan? Behold the flaxseed bread roll with just 2g net carbs each!

Ingredients

- 2 cups (330g) ground golden flaxseed
- 5 egg whites
- 2 egg yolks
- 4 tblspns olive or coconut oil
- 1 tblspn baking powder
- 2 tblspns apple cider vinegar
- 2 tblspns psyllium husk power
- 1/2 cup boiling water
- 1 tspn salt

Instructions

1. Preheat the oven to 180C/350F degrees.
2. Place the flaxseed, baking powder, salt and psyllium husk powder in a bowl and whisk the ingredients together.
3. Add the egg whites and egg yolk and whisk well.
4. Add the oil and apple cider vinegar and whisk until the mixture is combined.
5. Pour the boiling water into the mixture and whisk to combine. The mixture will be slightly sticky.
6. Using wet hands, roll the dough into 6 balls and place on a parchment lined baking tin.
7. Bake for 30 minutes.

Bread Loaf

Almond Flour Bread Loaf



Servings: 8-10 Slices

Ingredients

- 3 1/2 cups almond flour
- 3 eggs
- 1/4 cup melted butter
- 1 tspn baking soda
- 1 cup natural yoghurt
- 1/4 tspn salt

Instructions

1. Preheat the oven to 180C/350F degrees.
2. Grease the insides of a loaf tin with butter.
3. Put all the ingredients into a bowl and mix well. Or throw it into a food processor.
4. Put the dough mix into the loaf tin and bake for 45 minutes.
5. Cool in the pan, remove, eat and enjoy!

Nutrition: Per slice (10 slices) : 275 Calories; 24g Fat; 10g Protein; 9g Carbohydrate; 4g Dietary Fiber; 5g Net Carb

Flaxseed Bread Loaf

Ingredients

- 2 cups golden ground flax seed
- 5 eggs separated
- 5 tablespoons coconut oil or olive oil
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/2 cup water
- 2 tblspn apple cider vinegar

Instructions

1. Preheat the oven to 180C/350F degrees.
2. Whisk the egg whites until stiff.
3. In another bowl, blend the flax seed, baking powder, salt and oil.
4. Add the eggs, water and apple cider vinegar.
5. Gently fold the egg whites into the flaxseed mixture.
6. Pour into a greased loaf pan and bake for 30 minutes until firm and golden.
7. Eat and enjoy!



Servings: 10-12 Slices

Nutrition: Per slice (12 slices) : 225 Calories; 19g Fat; 7g Protein; 9g Carbohydrate; 8g Dietary Fiber; 1g Net Carb

Almond & Coconut Flour Bread



This healthy low carb bread tastes pretty close to the real thing as it has the texture of bread and toasts very well. It is also a gluten free bread that has a mixture of my three favourite low carb flours. Enjoy it as toast, or slice thinly for yummy sandwiches!

Ingredients

- 1½ cups almond flour
- 2 tblspn coconut flour
- ¼ cup flaxseed meal (golden if possible)
- ¼ tspn salt
- 1½ tspn baking soda
- 5 eggs
- ¼ cup coconut oil
- 1 tspn sweetener
- 1 tblspn apple cider vinegar

Instructions

1. Preheat the oven to 180C/350F degrees and grease a loaf pan.
2. Place almond flour, coconut flour, flax, salt and baking soda in a food processor.
3. Pulse the ingredients together
4. Add and pulse in the eggs, oil, and vinegar
5. Pour batter into the loaf pan.
6. Bake at 350° for 30 minutes
7. Cool, eat and enjoy!

Servings: 8-10 Slices

Nutritional info per slice (based on 8 slices)
267 Calories, 9g Protein, 24g Fat, 7g Carb,
4g Fibre, 3g Net Carbs

Paleo Bread

Ingredients

- 1 ½ cups (144g) almond flour
- ¼ cup (28g) coconut flour
- ¼ cup (42g) ground flaxseed flour (golden)
- 2 tblspns psyllium husk powder
- 5 eggs
- ¼ cup olive oil (or coconut oil)
- 2 tblspns apple cider vinegar
- 1 ½ tblspns baking powder
- 2 tblspns (20g) chias seeds
- ¼ tspn salt
- ½ cup boiling water

Instructions

1. Pre-heat the oven to 180C/350F degrees.
2. Grease and line the bottom of a loaf tin with a strip of parchment paper.
3. In a bowl mix the dry ingredients and blend well.
4. Add the eggs and stir thoroughly.
5. Add the oil and work the mixture until combined and slightly sticky.
6. Pour the apple cider vinegar into mixture and stir it through. The dough may bubble up and change color due to the chemical reaction of the vinegar but don't be alarmed!
7. Add the water, a bit at a time until you have a dough-like texture.
8. Spoon the mixture into the loaf pan, smoothing it out evenly.
9. Bake for 45 mins.

Nutritional Info per slice - 156 Calories, 12g Fat, 7g Total Carbs, 3g Net Carbs, 4g Fibre, 5g Protein



Servings: 8-10 Slices

Sweet Muffins



The flavour combination of ginger and raspberry is just delicious and something I want to explore further. The fresh ginger works so well with the sweet sharpness of the raspberries. Add into cake form and voila!

Servings: 9 Muffins

Nutrition: Per Muffin – 176 Calories; 14g Fat; 5g Protein; 7g Carbohydrate; 4g Dietary Fiber; 3g Net Carb

Ginger & Raspberry Muffins

Ingredients

- 1/2 cup coconut flour
- 1/2 cup melted butter
- 1/2 cup erythritol (or other sugar substitute)
- 6 eggs
- 1 punnet raspberries (6oz/170g)
- 1 inch fresh ginger, peeled and grated
- 1/4 tspn baking powder

Instructions

1. reheat the oven to 200C/400F degrees and grease a muffin tin.
2. Beat the eggs and butter in a bowl. Add the erythritol (or other sugar substitute) and blend well.
3. Add the coconut flour and baking powder. Mix until combined.
4. Add the ginger and raspberries and stir thoroughly.
5. Spoon the mixture into the muffin tin.
6. Bake for 20-25 minutes until golden and firm.
7. Eat and enjoy!

Lemon & Blueberry Muffins

Ingredients

2 cups almond flour
2 tspn baking powder
1/4 tspn salt
1/2 cup butter, melted
4 eggs
Juice and grated zest of 1 lemon
1 cup fresh blueberries
1/4 cup water
1/4 cup erythritol (or sugar substitute of your choice.)
1 tspn vanilla essence

Instructions

1. Preheat the oven to 180C/350F degrees.
2. Mix the almond flour, baking powder and salt together.
3. In another bowl mix the butter, water, eggs, erythritol, lemon zest, lemon juice and vanilla essence.
4. Combine the wet and dry ingredients together, and stir well.
5. Add the blueberries and blend well.
6. Pour the mixture into cupcake cases in a muffin/cupcake tin.
7. Bake for 20 to 23 minutes until firm.
8. Eat and enjoy!



Servings: - Makes 6 Muffins

*Nutrition: Per Muffin – 381 Calories; 35g Fat;
11g Protein; 12g Carbohydrate; 4g Dietary
Fiber; 8g Net Carb*

Pumpkin Muffins



Ingredients

6 eggs
1/2 cup pumpkin puree (canned unsweetened or cook raw in a bit of water until soft)
1/2 cup coconut flour
4 tblspn coconut oil
1/4 cup erythritol (or sweetner of your choice)
1/2 tspn baking powder
1 tspn vanilla extract
1 tspn cinnamon
1/2 tspn all spice
1/2 tspn nutmeg

Servings: - Makes 6 Muffins

Instructions

1. Preheat the oven to 200C/400F degrees.
2. Mix the eggs, pumpkin puree, coconut oil, erythritol, vanilla extract and spices.
3. Add the coconut flour and baking powder and mix well until there are no lumps.
4. Place the mixture into muffin cups and bake for 15-20 minutes.
5. Eat and enjoy!

Nutrition: Per Muffin –204 Calories; 15g Fat; 8g Protein; 9g Carbohydrate; 5g Dietary Fiber; 4g Net Carb

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Disclaimer

The recommendations given in this book are intended solely as education and information. Always consult a medical practitioner before embarking on a diet.

The nutritional information has been calculated using the Self Nutritional Data website.

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