



# LOW CARB GLUTEN FREE BREAD RECIPES



STACEY@  
©BEAUTYANDTHEFOODIE.COM



Copyright: Beautyandthefoodie.com

© 2015 to 2019

No part of this book may be reproduced in any form or by any electronic or mechanical means including information storage and retrieval systems, without permission in writing from the author.

# Low Carb Gluten Free Bread Recipes

By: Stacey @ [http:// beautyandthefoodie.com](http://beautyandthefoodie.com)



Hi, I'm Stacey and I create gluten free low carb recipes and also write articles about skincare and beauty. After having to experience health issues and severe allergies, I found out that I have Celiac Disease. I started a gluten-free diet and started feeling healthy again. Suddenly I could eat without getting sick and that soon turned into rapidly gaining weight. Eating gluten-free helped me feel better, but my indulgences in gluten-free sweets, bread and pasta were changing my body. I decided to try the low carb diet since the low-fat diet I was on was not working for me anymore. Starving myself was just not an option because I love food!! The low carb diet not only enabled me to shed those pesky pounds, but it also enabled me to eat delicious food without counting calories or fats. I would have never believed that you could get slim eating fat. This is the best diet ever, and I have tried them all. But you are here for my favorite low carb, gluten-free bread recipes! I hope these bread recipes help you as much as they have helped me...

## Low Carb Pumpkin Spice Bagels



### Ingredients:

- $\frac{1}{3}$  cup coconut flour sifted
- 3 tbsp golden flax meal
- 3 eggs, beaten.
- 2 tbsp butter or coconut oil, melted,
- Milk of choice:  $\frac{1}{4}$  cup unsweetened coconut or almond milk.
- $\frac{1}{2}$  cup pumpkin puree (make sure pumpkin is the only ingredient)
- 1 tsp vanilla extract (get organic, gluten-free kind like this one).
- 1  $\frac{1}{4}$  tsp pumpkin pie spice
- $\frac{1}{2}$  tsp cinnamon.
- $\frac{1}{8}$  tsp sea salt.
- Sweetener: 1 $\frac{1}{2}$  tbsp erythritol + 15 drops stevia liquid
- 1  $\frac{1}{4}$  tsp baking powder
- Kitchen tools:
- Bagel or donut pan, [where to buy the bagel pan](#)

## Directions:

1. In a large mixing bowl combine: sifted coconut flour, golden flax meal, pumpkin pie spice, cinnamon, baking powder, and sea salt. Mix together well. Set aside.
  2. In a separate mixing bowl combine: eggs, pumpkin puree, milk of choice, vanilla extract, sweetener of choice, and melted butter or coconut oil. Preheat oven to 350 F, and grease or oil generously a bagel or donut pan.
  3. Add egg mixture to coconut flour mixture. Stir thoroughly until the batter is smooth.
  4. Spoon Batter into pan forms and spread around with the back of a spoon or a spatula. Wipe the center, hole part of the form clean with a damp paper towel.
  5. Bake for 23 to 25 minutes, or until the tops are browned and firm.
  6. Remove from oven, and cool completely before removing from pan. Using a butter knife in-between bagel and pan edges then slide around to loosen and lift out.
  7. Can be served whole, or turned up on its side and sliced in half, being careful not to apply too much pressure.\*For a firmer texture, refrigerate overnight, then slice in half.\* Can be pan-toasted on each side (in a frying pan with a little butter or coconut oil & flipped over to brown both sides) or toast in a toaster oven.\* **Do not use a regular, pop-up toaster as it is a little delicate for that.\***
- Serve with butter, cream cheese, or pumpkin butter.

Serving size: 1 bagel out of 8 bagels, Cal: 82, Carbs: 5.4 g / **Net Carbs: 2.6 g**, Fiber: 2.8 g Fat: 5 g, Protein: 3 g, Sugar: 1 g



## Low Carb Quick English Muffins



### Ingredients:

- 1 egg, beaten
- 1 tbsp milk of choice: unsweetened coconut milk or almond milk, or organic half and half.
- 1 Tbsp coconut flour
- 1/2 tbsp melted butter or coconut oil
- 1/2 tsp baking powder
- 1/8 tsp vanilla extract \* optional, I omit if I'm making something savory like an egg sandwich.
- 6 drops liquid stevia, \*optional, can omit sweetener, but use full-fat canned coconut milk for the milk of choice.
- 1 pinch Sea Salt \* optional

## Directions:

1. Melt the butter or oil in a round, glass or ceramic ramekin ( I used a 3 1/2 inch, 6-ounce ramekin).  
Add all of the ingredients to the ramekin, and whisk or stir with a fork very briskly. Stir, scraping sides, until clump-free, may have to stab at some stubborn clumps.
2. Cook in Microwave for 1 minute and 30 seconds, or can Bake in the oven at 400 F for 12 to 15 minutes, until middle is firm.
3. Take a knife between the bowl and muffin and slide around to loosen edges.
4. Cool enough to handle, then remove from bowl, and cut in half sideways.
5. Pan toast in a buttered or oiled frying pan, until lightly browned on each side ( like a pancake)\* this is an important step, do not skip\*.
6. Use a spatula to press the tops of muffins lightly down while pan toasting.  
Serve with butter, nut butter, low carb jam, or make a breakfast egg & bacon sandwich, or an English muffin pizza.

Serving Size : Whole recipe, Cal: 200, Carbs: 5g / **Net Carbs: 2.5 g**,  
Fiber:2.5 g, Fat: 12 g, Protein: 8g, Sugars: 1 g.





## Low Carb Croissant Bagels



### Ingredients:

- 3 eggs, separated.
- ¼ tsp cream of tartar
- 2 tbsp organic cream cheese, softened.
- 2 tbsp butter, melted
- 2 tbsp coconut flour (can sift it, if it's clumpy)
- 1 1/2 tsp erythritol (like Swerve brand) or 15 drops liquid stevia
- 1 tsp baking powder
- 1/8 tsp sea salt.



## Directions:

1. Preheat oven to 300 F, and grease or oil a bagel or donut pan (even if it's a non-stick type).
2. Separate egg whites from yolks, and place whites in one mixing bowl, and yolks in another mixing bowl.
3. Add cream of tartar to egg whites and whip with a stand mixer or hand mixer until stiff peaks form. Set aside.
4. Beat egg yolks in a separate mixing bowl and add cream cheese, melted butter, coconut flour, low carb sweetener of choice, baking powder and sea salt. Beat egg yolk mixture until thoroughly combined.
5. Gently fold egg yolk mixture into egg white mixture until combined (careful not to stir or beat (should still be a whipped meringue texture)).
6. Spoon mixture into bagel pan, and spread around, with the back of a spoon, in the pan forms. Wipe off the excess that gets on the bagel hole part of the pan with a damp paper towel.
7. Bake for 20 to 25 minutes, or until tops and edges are slightly browning. Should check at 20 minutes, as all oven temperatures can vary.  
Remove and cool.
8. Use a butter knife in between the pan and the croissant, and slide around to loosen from pan. Store unused portions in covered container or zipper bag in the fridge. Can be reheated.

Cal: 83, Carbs:1.9 g / **Net Carbs:1.1 g**, Fiber: 0.7 g, Fat: 6.8 g,  
Protein: 3.4 g, Sugar: 0 g



## Low Carb Plain or Cinnamon Raisin Bagels



### Ingredients:

- 1/3 cup coconut flour, sifted
- 1 ½ Tbsp golden flax meal
- 1 1/4 tsp baking powder.
- 2 tsp cinnamon. \*optional, omit if making plain bagels.
- A dash sea salt \*optional
- 3 eggs, beaten.
- 1/3 cup unsweetened coconut or almond milk.
- 2 ½ tbsp butter, melted, or coconut oil
- 1 tsp apple cider vinegar.
- 1 tsp liquid stevia, or 1 1/2 tbsp granulated erythritol (like Swerve)
- 1 tsp GF vanilla extract, \*optional.
- 1/3 cup golden or dark, raisins, or for lowest carb, omit raisins and make plain bagels \* optional, can omit raisins for making plain bagels.

## Directions:

1. Preheat Oven to 350 F, and grease or oil a bagel or donut pan (1/2 dozen donut pan).
2. In a large bowl combine: 1/3 cup sifted coconut flour, 1 1/2 tbsp golden flax meal, 1 1/4 tsp baking powder, 2 tsp optional cinnamon, 1/8 tsp sea salt. Mix together thoroughly.
3. In another mixing bowl combine: 3 eggs, 1/3 cup coconut or almond milk, 2 1/2 tbsp butter or coconut oil (melted), 1 tsp apple cider vinegar, 1 1/2 tbsp erythritol or 1 tsp stevia, and 1 tsp vanilla extract. Mix together thoroughly.
4. Add wet ingredients to the dry (coconut flour mixture). Mix together thoroughly.
5. Add optional raisins to mixture and stir.
6. Spoon batter into bagel or donut pan and spread around with the back of a spoon. Use a damp cloth or paper towel to wipe off bagel center.
7. Bake at 350 F for 17 to 20 minutes, check at 17 minutes. Remove from oven, and let bagels cool. Use a butter knife between bagel and pan edges, and slide around to loosen bagels.
8. Can be turned up on the side and sliced in half. Could pan toast in greased in a buttered fry pan on both sides till browned. Could also use a toaster oven or oven broiler to toast. \*Don't use a regular toaster as they may fall apart\*
9. Serve with topping of choice: butter, sunflower butter, almond butter, coconut butter, cream cheese, etc. Refrigerate or freeze unused portions.

Nutritional Data for Plain Bagel: Servings: 6 Bagels, Serving size: 1 Bagel, Cal: 132, Carbs: 5.5 g / **Net Carbs: 3.9 g**, Fiber: 1.6 g, Fat: 10 g, protein: 5 g, Sugar: 1 g

Nutritional Data for Raisin Bagel: Serving Size: 1 bagel out of 6, Cal: 139, Carbs: 8 g / **Net Carbs: 6.2 g**, Fiber: 1.8, Fat: 10 g, Sugar: 2.5 g



## Low Carb Burger Buns or Sandwich Buns



### Ingredients:

- 
- 2 tbsp butter, melted or coconut oil
- 2 ½ tbsp coconut flour, sifted
- 2 ½ tbsp golden flax meal
- 3 1/2 tbsp unsweetened almond milk, coconut milk, or heavy cream
- 4 eggs, beaten
- 1 tsp baking powder

### Directions:

1. Preheat oven to 400 F, unless using the microwave. Lightly grease or oil 4 glass or ceramic ramekins or small glass bowls, or a bun pan can be used for oven, but not the microwave.
2. In a medium-size mixing bowl combine all the burger bun ingredients and stir together vigorously, scraping the sides and breaking up any coconut flour clumps.  
Continued on next page...

3. Spoon equal amounts of batter into each ramekin, small bowl or bun pan. Bake in the oven for 12 to 15 minutes or until center is done, or if using the microwave, then microwave each bun one at a time for 1 minute and 30 seconds or longer depending on microwave wattage.
4. Remove from oven or microwave and cool completely. Cut each bun in half from on its side. Can toast these in toaster or toaster oven if desired.

Servings:4 buns, Serving Size: 1 bun, Cal:168, Carbs: 5 g / **Net Carbs:**  
**2 g**, Fiber: 3 g, Fat: 12 g, Protein: 8 g, Sugars: 1 g,



## Low Carb Pull-Apart Cloverleaf Rolls



### Ingredients:

- 1 ⅓ cup blanched almond flour, or can also use with 1/3 cup coconut flour instead
- 1 ½ tsp baking powder
- 1 ½ cup shredded Mozzarella cheese
- 2 ounces cream cheese
- 2 LG eggs
- ¼ cup grated Parmesan cheese

## Directions:

1. Grease or spray with non-stick oil spray a muffin pan and preheat oven to 350 F.
2. In a mixing bowl combine the almond flour and the baking powder, mix well. Set aside.
3. Melt the shredded Mozzarella and the cream cheese on the stovetop (or in the microwave for 1 minute) until melted.
4. Once the cheese has melted, add flour mix, and eggs. Mix together.
5. Grease hands and knead dough to form a sticky ball. Place the dough ball on a large sheet of baking paper or a silicone mat.
6. Slice the dough ball into fourths. Then slice each quarter into 6 small pieces.
7. Roll the small pieces into balls, and lightly roll the balls in a bowl of the Parmesan cheese to lightly coat them with Parmesan (this helps them be able to pull apart easily).
8. Add 3 of the dough balls to each muffin cup in the muffin pan (this makes the 3 leaf clover).
9. Bake at 350 F for 20 minutes or until golden brown. Remove from oven and allow to cool slightly before serving.

Nutritional Data: Yield: 8 rolls, Servings:8, Serving Size: 1 Roll, Amounts Per Serving- Cal: 283, Carbs: 6g, **Net Carbs: 4g**, Fiber: 2g, Fat: 21g, Saturated Fat: 8g, Protein: 16g, Sugars: 1g.





## Chocolate Chip Cranberry Pecan Bread



### Ingredients:

- 1/3 cup low carb maple syrup, or can use 1/3 cup erythritol + 1/4 cup water
- 3 tbsp butter, melted or coconut oil, melted
- 1/4 cup unsweetened apple sauce.
- 1/3 cup milk of choice: unsweetened coconut milk or almond milk.
- 1 tsp GF orange extract \*optional.
- 2 tsp orange zest (use a micro plane or a fine grater).
- 1 1/2 tsp baking powder
- 3/4 cup fresh cranberries, chopped
- 1/2 cup coconut flour, sifted,
- 2 tbsp golden flax meal \*optional
- 1/3 cup chopped low carb (sugar-free) chocolate bar, or low carb chips\* optional.
- 1/4 cup pecans, chopped \*optional, can omit for nut-free.

## Directions:

1. Preheat oven to 375 F, and grease a 9x5x2 inch loaf pan.
2. In a large mixing bowl combine: 3 eggs, low carb maple syrup, milk of choice, melted butter or coconut oil, vanilla extract, lemon or orange zest, apple sauce, chopped cranberries, and baking powder. Stir together thoroughly.
3. Add to mixture in a bowl: coconut flour, golden flax meal. Stir in thoroughly.
4. Add to batter the optional pecans and chocolate chips. Mix in well.
5. Spoon batter into loaf pan and spread evenly in pan.  
Bake at 375 F for about 28 to 32 minutes, or until toothpick comes out of center clean.
6. Cool, slice and serve. Store any left-over portions in the fridge.

Servings: 8 slices, Serving size: 1 slice, Cal: 176, Carbs: 10.8 g / **Net Carbs: 6.6 g**, Fiber: 4.2 g, Fat: 13 g, Protein: 5 g, Sugar: 2 g



*Thank you for subscribing to my newsletter and following my blog.,*

*Sincerely,*

*Stacey*

