

Helergon Kitchen

Keto Lemon Bread – Easy Low-Carb Dessert

15 min Prep time	**30 min** Cook time	**45 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups almond flour
- [ ] 1/2 cup erythritol
- [ ] 1 tsp baking powder
- [ ] 1/4 tsp salt
- [ ] 3 large eggs, room temperature
- [ ] 1/3 cup melted butter
- [ ] Zest of 2 lemons
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp vanilla extract

Instructions

1. Preheat the oven to 350°F (175°C). Grease a 9×5-inch loaf pan with butter and set aside.
2. In a bowl, whisk together almond flour, erythritol, baking powder, and salt. Sift to avoid lumps.
3. In another bowl, beat the eggs, then stir in melted butter, lemon zest, lemon juice, and vanilla until combined.
4. Gently fold the wet mixture into the dry ingredients, mixing just until no streaks remain. Over-mixing will make the crumb dense.
5. Pour the batter into the prepared loaf pan, smooth the top, and sprinkle a little extra lemon zest for aroma.
6. Bake for 30-35 minutes, or until a toothpick inserted in the center comes out clean and the top is golden.
7. Allow the loaf to cool in the pan for 10 minutes, then transfer to a wire rack to finish cooling.

Nutrition per serving

210 kcal	7 g	5 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you'd like a sweeter loaf, increase erythritol by a tablespoon.
- A quick brush of melted butter mixed with a dash of lemon juice adds a glossy finish.
- Pair the bread with a dollop of whipped cream or a smear of cream cheese for extra indulgence.