



Long Livo

Keto Lemon Bread – Moist Low-Carb Dessert

15 min

Prep time

4

Servings

25 min

Cook time

Easy

Difficulty

40 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 2 cups almond flour
- ☐ 1/3 cup erythritol or preferred keto sweetener
- ☐ 1 tsp baking powder
- ☐ 1/4 tsp salt
- ☐ 2 large eggs, room temperature
- ☐ 1/4 cup melted butter
- ☐ 2 tbsp cream cheese, softened
- ☐ Zest of 1 large lemon
- ☐ 2 tbsp fresh lemon juice
- ☐ 1 tsp vanilla extract

Instructions

- 1 Preheat the oven to 175°C (350°F) and line a 9×5-inch loaf pan with parchment.
- 2 In a bowl, whisk almond flour, erythritol, baking powder, and salt; set aside.
- 3 In a separate bowl, beat eggs, melted butter, cream cheese, lemon zest, lemon juice, and vanilla until smooth.
- 4 Combine wet and dry ingredients, stirring just until incorporated; avoid over-mixing.
- 5 Pour batter into the prepared pan, smooth the top, and brush with a little extra melted butter.
- 6 Bake for 20-25 minutes, or until a toothpick inserted in the center comes out clean.
- 7 Allow the loaf to cool in the pan for 10 minutes, then remove and transfer to a rack.

Nutrition per serving

210 kcal

Calories

6 g

Protein

4 g

Carbs

18 g

Fat

Tips & notes

- If you prefer a slightly sweeter loaf, increase the sweetener by 1-2 tbsp.
- A light dusting of powdered erythritol adds a decorative finish.
- For extra lemon flavor, add a thin slice of lemon on top before baking.