Description:

Craving the crackly, golden crust and chewy, tender crumb of a bakery-style boule without the heavy carb crash or hours of kneading? This High-Protein Low-Carb No-Knead Artisan Bread delivers rich, nutty flavor and satisfying structure in one simple bowl. By combining nutrient-dense almond flour, golden flaxseed meal, psyllium husk, and unflavored whey protein isolate, you get a rustic loaf that tastes like real artisan bread while keeping your daily macros completely on track.

Can This High-Protein Low-Carb No-Knead Artisan Bread Support Weight Loss Goals?

Yes, swapping traditional refined wheat bread for this high-protein, high-fiber alternative can be a smart strategy for weight management. The combination of 14 grams of protein and 7 grams of dietary fiber per slice promotes lasting fullness and helps curb mid-afternoon cravings, naturally reducing overall calorie intake. Additionally, keeping net carbs low prevents rapid blood sugar spikes and crashes that often trigger hunger soon after eating.

Does High-Protein Low-Carb No-Knead Artisan Bread Fit a High-Protein Lifestyle?

This rustic loaf fits seamlessly into a high-protein, low-carb lifestyle by delivering 14 grams of protein and only 3 grams of net carbs per slice. Made with unflavored whey protein isolate, egg whites, almond flour, and golden flaxseed meal, it turns a traditionally carb-heavy staple into a macro-friendly powerhouse. It allows you to enjoy hearty sandwiches, avocado toast, or soup dippers while effortlessly hitting your daily protein targets.

My Personal Experience

- Mastering the Psyllium Gel: When I first tested this loaf, I rushed the resting time and ended up with a dense center; letting the dough sit for 15 minutes allows the psyllium husk to fully hydrate and mimic gluten elasticity.

- Baking in a Preheated Dutch Oven: Trapping steam inside a blazing-hot Dutch oven for the first 25 minutes gave my loaf that authentic, blistered bakery crust that usually only comes from high-hydration wheat doughs.

- Slicing Discipline: Cutting into the bread straight out of the oven made the crumb feel

slightly gummy, so waiting a full hour for it to cool completely transformed the texture into a light, springy slice.

Perfect For:

- High-Protein Breakfasts: Ideal for sturdy, toasted bases topped with poached eggs, smashed avocado, or smoked salmon.
- Low-Carb & Keto Diet Plans: Lets you enjoy classic grilled cheese, club sandwiches, and bruschetta without exceeding daily carb limits.
- Savory High-Protein Snacks: Delicious sliced warm with whipped ricotta, nut butter, or herb-infused olive oil.
- Hearty Dinner Sides: Pairs effortlessly with low-carb soups, beef stews, and roasted meats to soak up rich broths.

Why You’ll Love This Recipe:

- Zero Kneading Required: Everything mixes together in one bowl with a sturdy wooden spoon in under ten minutes, eliminating stand mixers and messy floured countertops.
- Authentic Bakery Texture: Psyllium husk powder and whipped egg whites create a chewy, airy interior wrapped in a crisp, golden-brown crust that holds up to heavy sandwich fillings.
- Clean, Macro-Friendly Ingredients: Free from refined grains, yeast, and added sugars, every slice packs substantial protein and gut-friendly fiber without feeling heavy.

Common Mistakes to Avoid:

- Skipping the Dough Rest: Failing to let the mixed dough rest for 15 minutes before shaping prevents the psyllium husk and flaxseed from absorbing liquid, resulting in a

wet, flat loaf.

- Using Flavored or Plant-Based Protein Without Adjustment: Sweetened protein powders will ruin the savory artisan flavor, while pea or soy proteins absorb significantly more moisture than whey isolate and can make the bread dry.

- Opening the Dutch Oven Too Early: Lifting the lid during the first 25 minutes releases trapped steam, which stops the loaf from rising properly and prevents a crisp crust from forming.

- Slicing While Hot: Because low-carb breads rely on eggs and psyllium for structure, cutting the loaf before it reaches room temperature releases internal moisture and creates a damp texture.

Required Equipment:

- 6-Quart Cast Iron Dutch Oven — traps steam during the first half of baking to create a crisp, blistered artisan crust.

- Large Mixing Bowl — provides plenty of room to fold dry ingredients and egg whites without spilling.

- Parchment Paper — prevents the sticky dough from adhering to the hot pot and makes transferring the boule safe and easy.

- Digital Kitchen Scale — ensures precise measurements for almond flour and psyllium husk so the hydration ratio stays exact.

- Wire Cooling Rack — allows air to circulate underneath the warm loaf so the bottom crust stays crisp instead of steaming.

Storage Instructions:

- Room Temperature: Store cooled slices in an airtight container or bread bag lined with a

paper towel for up to 2 days.

- Refrigerator: Keep the sliced loaf in a sealed glass container or zip-top bag in the fridge for up to 7 days to preserve freshness and prevent moisture buildup.

- Freezer: Place parchment paper squares between individual slices, seal in a freezer-safe bag, and freeze for up to 3 months; toast straight from frozen whenever you need a quick high-protein meal.

Table of Contents

- Recipe Details
- □ Ingredients:
- Directions:
- Nutrition Facts (Per Serving – Approximate):
- Notes:

Recipe Details

- Preparation Time: 15 minutes (plus 15 minutes resting time)

- Cooking Time: 45 minutes

- Total Time: 1 hour 15 minutes

- Servings: 10 slices

- Best Season for This Recipe: All-season (cozy alongside winter stews yet light enough for summer sandwiches)

- Total Calories (Per Serving): ~185 kcal *(approximate estimate)*

This rustic, golden-crusted artisan loaf brings back the joy of real bread without the carb

overload. Packed with 14 grams of protein and only 3 grams of net carbs per slice, it requires zero kneading and comes together in a single bowl. Enjoy a chewy, satisfying crumb that toasts beautifully for sandwiches, breakfast toast, and dinner sides.

 Ingredients:

- 2 cups (200g) blanched super-fine almond flour *(use finely ground blanched flour, not coarse almond meal, for a tender crumb)*
- 3/4 cup (75g) unflavored whey protein isolate *(adds high protein and structure without altering the savory taste)*
- 1/3 cup (40g) golden flaxseed meal *(provides earthy flavor and helps bind the dough)*
- 3 tablespoons (25g) whole psyllium husk powder *(essential for creating a chewy, gluten-like elasticity)*
- 2 teaspoons aluminum-free baking powder
- 1 teaspoon sea salt
- 4 large egg whites *(at room temperature for maximum volume and lift)*
- 1 whole large egg *(at room temperature)*
- 1 tablespoon apple cider vinegar *(reacts with baking powder for better rise and adds subtle sourdough tang)*
- 1 cup (240ml) warm water *(around 105°F–110°F to activate the psyllium husk)*
- 1 tablespoon extra-virgin olive oil *(plus extra for brushing the top)*

Directions:

1. Preheat Oven and Dutch Oven: Place an empty 6-quart Dutch oven with its lid on inside

your oven and preheat to 400°F (200°C) for at least 20 minutes until piping hot.

2. Whisk Dry Ingredients: In a large mixing bowl, thoroughly whisk together the almond flour, unflavored whey protein isolate, golden flaxseed meal, psyllium husk powder, baking powder, and sea salt until no lumps remain.

3. Combine Wet Ingredients: In a separate medium bowl, whisk the egg whites, whole egg, apple cider vinegar, and olive oil until frothy, about 30 seconds.

4. Mix and Hydrate Dough: Pour the wet mixture and the warm water into the dry ingredients. Stir vigorously with a sturdy spatula or wooden spoon for 1 minute until a thick, cohesive dough forms. Let the dough rest untouched for 15 minutes so the psyllium husk and protein isolate fully absorb the moisture.

5. Shape the Boule: Lightly wet your hands with water to prevent sticking, then shape the rested dough into a smooth, round artisan ball. Place it onto the center of a large sheet of parchment paper, brush the top lightly with olive oil, and use a sharp knife or razor blade to score an “X” 1/4-inch deep across the top.

6. Bake Covered with Steam: Carefully remove the hot Dutch oven from the oven and take off the lid. Holding the corners of the parchment paper, lower the dough directly into the pot. Cover with the lid and bake at 400°F (200°C) for 25 minutes to allow the loaf to rise and set its crumb.

7. Bake Uncovered for Crust: Remove the lid from the Dutch oven and continue baking uncovered for 20 to 25 minutes, until the crust is deep golden brown, crisp to the touch, and sounds hollow when tapped on top. *(Tip: Avoid baking above 400°F, as whey protein browns faster than traditional wheat flour.)*

8. Cool Completely: Lift the loaf out using the parchment paper and transfer it to a wire cooling rack. Let it cool completely for at least 60 minutes before slicing so the interior finishes setting.

Nutrition Facts (Per Serving – Approximate):

- Calories: 185 kcal

- Fats: 11g
- Cholesterol: 20mg
- Sodium: 310mg
- Potassium: 195mg
- Total Carbohydrates: 10g
- Fiber: 7g
- Net Carbs: 3g
- Sugars: 1g
- Protein: 14g
- Calcium: 115mg

Notes:

- Storage & Reheating: Slice the entire loaf once fully cooled and store in the fridge for up to a week or freeze with parchment between slices. Reheat slices in a standard toaster or air fryer at 350°F for 2–3 minutes to restore the crisp crust.
- Allergy Notes: Contains tree nuts (almonds), eggs, and dairy (whey protein isolate). For a nut-free version, substitute sunflower seed flour 1:1 for almond flour, though the loaf may take on a slight greenish tint from natural chlorophyll reaction with baking powder.
- Flavor Boosts: Fold 1 tablespoon of chopped fresh rosemary, 1 teaspoon of garlic powder, or 2 tablespoons of toasted sesame and sunflower seeds into the dry mix for an herbed bakery variation.