

Homemade Keto Blueberry Bread

Sweet bread recipes make such a tasty breakfast with a piping hot cup of coffee! My Homemade Keto Blueberry Bread Recipe is a delicious treat. Combining delicious blueberries with zesty lemon gives this recipe the incredible flavor you imagine without all of the carbs you dread!



4.58 from 110 votes

| Prep Time | Cook Time | Total Time |
|-----------|--------------|--------------|
| 15 mins | 1 hr 10 mins | 1 hr 25 mins |

Course: bread, Breakfast Cuisine: American Keyword: Keto Blueberry Bread
Servings: 12 slices Calories: 155kcal Author: Kasey Trenum

Ingredients

For the Bread:

- 6 eggs
- 9 tablespoons melted butter
- 3/4 cup fresh blueberries
- 1/2 teaspoon cinnamon
- 2 tablespoons sour cream
- 2/3 cup Monkfruit Classic can reduce to make the bread less sweet if desired
- 1 1/2 tsp vanilla
- 2 tablespoons heavy whipping cream
- 10 tablespoons coconut flour
- 1/2 tsp salt
- 1 1/2 tsp baking powder

For the Icing:

- 2 tablespoons Monkfruit Powdered
- 1 teaspoon butter melted
- 1 tbsp heavy whipping cream
- dash of vanilla
- 1/4 tsp lemon zest

Instructions

1. Preheat oven to 350 degrees and line a regular loaf pan with parchment paper.
2. Melt butter.
3. Beat eggs, Monkfruit Classic, sour cream, heavy whipping cream, vanilla, salt, baking powder, and cinnamon until combined.
4. Add the melted butter to the mixture and beat again until combined.
5. Stir in the coconut flour until thoroughly combined.

6. This part of the instructions has been updated. To keep the blueberries from sinking to the bottom of the pan, spoon a small amount of batter in the loaf pan, then sprinkle a couple of blueberries on top. Continue layering batter then blueberries a couple of times ending with batter on top. This will keep the blueberries spread out and they will not sink to the bottom of the pan.
7. Bake for 65-75 minutes or until knife inserted in center of bread comes out clean.
8. Allow bread to cool for 5 minutes.
9. For the Icing:
10. Combine all ingredients and whisk until smooth. Can add more heavy whipping cream if needed.
11. Drizzle over warm bread.

Notes

The sugar alcohols from Monkfruit are not included in the nutritional information. Information is provided as a courtesy based on the exact ingredients that I used. It is always best to calculate your own macros.

Nutrition

Serving: 1slice | Calories: 155kcal | Carbohydrates: 4g | Protein: 3g | Fat: 13g | Saturated Fat: 8g | Cholesterol: 111mg | Sodium: 220mg | Potassium: 100mg | Fiber: 2g | Sugar: 1g | Vitamin A: 465IU | Vitamin C: 0.9mg | Calcium: 46mg | Iron: 0.6mg