

# Keto bread with chia, sunflower and flax seeds - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Fresh Cheese (Quark)</b> <i>(1 g)</i>	200	Gram	1 g
<input type="checkbox"/>	<b>Whole Chicken Eggs (M)</b> <i>(51 g)</i>	3	Piece	51 g
<input type="checkbox"/>	<b>Coconut Oil</b> <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	<b>Baking Powder</b> <i>(4 g)</i>	1	Teaspoon	4 g
<input type="checkbox"/>	<b>White Salt</b> <i>(5 g)</i>	0.5	Teaspoon	5 g
<input type="checkbox"/>	<b>Psyllium Husk</b> <i>(10 g)</i>	3	Tablespoon	10 g
<input type="checkbox"/>	<b>Ground Flaxseed</b> <i>(10 g)</i>	3	Tablespoon	10 g
<input type="checkbox"/>	<b>Chia seeds 2</b> <i>(1 g)</i>	2	Tablespoon	1 g
<input type="checkbox"/>	<b>Sunflower Seeds (Shelled)</b> <i>(10 g)</i>	3	Tablespoon	10 g

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