

Low-carb KETO multi mix - przepis z Mieszanki KETO

Składniki:

Low-carb KETO multi mix

EN

Preparation

Bread

Using a spoon, mix the contents of the package vigorously with 380 ml (1 and 1/2 cups) of warm water until compact. Put into a greased baking form - recommended size: 21 x 11 cm. Smooth the surface with a spoon. Bake for 1 hour at 180 ° C with fan oven.

Bread / bread rolls

Using a spoon, mix the contents of the package vigorously with 330 ml (1 and 1/3 cup) of warm water. Set aside for 10 minutes to thicken the dough. Apply a small amount of oil to your hands and then form a round loaf or rolls. Place them on a greased baking form or baking paper. Bake at 180 ° C with fan oven for 1 hour (bread) or 25 minutes (bread rolls).

Pizza

Mix the contents of the package with 200 ml of water by hand. Apply a small amount of oil to your hands and form a thin pizza on baking paper or on a greased baking form. Bake for 8-10 minutes at 200 ° C with fan oven. Remove from the oven and put your favourite ingredients on top. Bake for another 8-10 minutes.

Cocoa muffins

Ingredients: 125 g of the mixture (1/2 package), 40 g of xylitol (about 1/5 cup), 6 g of cocoa (1 spoon), 3 eggs, 90 g of oil (2/5 cup). Mix all ingredients with a mixer until smooth. Put into a muffin cups up to 3/4 of the capacity (approx. 6 muffins). Bake 25 minutes at 180°C bakery without fan oven.