










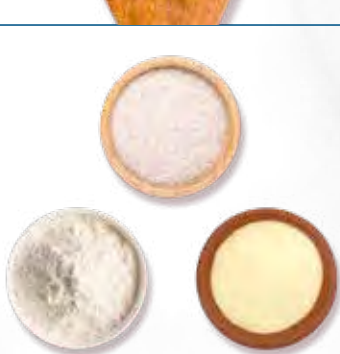
LOW CARB BAKING GUIDE

From sandwich bread to cake and cookies, baked goods play a central role in the standard American diet. Limiting our intake of baked goods, and the quantity of carbohydrates they provide, can be a low carb lifestyle challenge. Fortunately, the low carb alternatives to high carb all-purpose flour along with the alternative sweeteners listed below can allow us to have our cake and eat it too! While using these flours and sweeteners to create beautiful and delicious baked goods may require combinations and the inclusion of binders to get the right texture, with some experimentation and practice your low carb creations will more than fulfill your baked goods cravings.



FLOURS

These flours are used to replace all-purpose white flour (from wheat) which is too high in carbohydrates (23g net carbs per ¼ cup) to be used in low carb or keto baking. To get a texture that approximates high carb counterparts, combinations of these flour alternatives are frequently used.

Low Carb Flour		Net carbs per ¼ cup	Pros	Cons	Ease of use	Available at	Recipe example
Blanched almond flour, super fine grind		5.75	<ul style="list-style-type: none"> 1:1 replacement for flour Higher fat and protein Lower fiber Widely available and lower cost than other flour alternatives Gluten free 	<ul style="list-style-type: none"> Requires binder to hold baked goods together 	easy	Walmart (in store and online); Amazon.com; many grocery stores; most health food stores	"Sugar" Cookies
Almond meal, from whole almonds		4	<ul style="list-style-type: none"> 1:1 replacement for flour High fiber means lower net carbs Ideal for muffins and quick breads Gluten free 	<ul style="list-style-type: none"> Requires binder to hold baked goods together Can be difficult to find and pricey Coarse Texture 	easy	Walmart.com; Amazon.com; some grocery stores; many health food stores	Almond Muffin in a Minute
Soy flour		5.4	<ul style="list-style-type: none"> 1:1 replacement for flour High protein helps hold baked goods together, requiring less binder Fine texture Gluten free 	<ul style="list-style-type: none"> Requires binder to hold baked goods together Can be difficult to find and pricey Imparts mild soy flavor 	easy	Amazon.com; many health food stores	Atkins Coconut Layer Cake
Flax seed meal		0.5	<ul style="list-style-type: none"> High fiber means lower net carbs Replaces eggs in vegan baking when mixed with water Helps bind gluten free baking recipes Gluten free 	<ul style="list-style-type: none"> Not a 1:1 flour replacement because of very high fiber content Contains oils that can go rancid Coarse texture 	moderate	Walmart.com; Amazon.com; some grocery stores; most health food stores	Muffin in a Minute
Wheat gluten/ Vital wheat gluten		6	<ul style="list-style-type: none"> Contributes wheat gluten to help bind baked goods Contributes a fluffy texture and better rise to breads 	<ul style="list-style-type: none"> Not a 1:1 flour replacement (can replace 7-15% of flour). Not gluten free 	moderate	Walmart.com; Amazon.com; some grocery stores; many health food stores	Atkins Low Carb Wheat Bread
Whey protein concentrate, unflavored (i.e. Quest® Multi-Purpose Protein Powder)		1.5	<ul style="list-style-type: none"> Can replace up to one-third of flour Adds protein from whey, a protein in cow's milk Adds structure to baked goods and helps bind them to reduce crumbly texture Gluten free 	<ul style="list-style-type: none"> Not a 1:1 flour replacement Using too much will result in a chewy, rubbery texture. 	moderate	Amazon.com; many health food stores	Keto Banana Bread
Coconut flour		7	<ul style="list-style-type: none"> Combines well at a 1:3 ratio with blanched almond flour to reduce net carbs Fine texture Gluten free 	<ul style="list-style-type: none"> Not a 1:1 flour replacement because of very high fiber content Requires a binder to hold baked goods together Requires up to 4 times the eggs to get a desirable outcome Imparts mild coconut flavor. 	hard	Walmart (in store and online); Amazon.com; some grocery stores; most health food stores	Low Carb Coconut Bread
Binders (xanthan gum, psyllium husk powder, or glucomannan)		0	<ul style="list-style-type: none"> Replaces wheat gluten in low carb, gluten free baking Used in small amounts, in place of eggs, to hold baked goods together Gluten free 	<ul style="list-style-type: none"> Because binders are fiber, finding the right amount for a recipe takes trial and error Can be difficult to find 	hard	Walmart (in store and online); Amazon.com; some grocery stores; most health food stores	Blueberry Scones with Lemon Glaze





SWEETENERS

There are abundant options for sugar-free sweetener alternatives, however most are associated with aftertaste. Some sweeteners are high impact, meaning that they are considerably sweeter than sugar, and thus small quantities are used. Other sweeteners replace both the sweetness and bulk of sugar, and are used at levels similar to granulated sugar in recipes. Low carb and keto recipes frequently combine sweeteners to help minimize aftertaste and achieve a desirable level of sweetness.

Alternative sweetener	Net carbs per ¼ cup	Pros	Cons	Ease of use	Available at	Recipe example
Sugar free maple syrup 	1	1:1 maple syrup replacement Liquid sweetener that dissolves easily	Not a replacement for granulated sugar	easy	Walmart (in store and online); Amazon.com; most grocery stores; some health food stores	Keto Pumpkin Spice Chaffle
Sucralose based sweetener (i.e. Splenda) 	10.9	Artificial sweetener 1:1 sugar replacement Available at grocery stores	Mixed with maltodextrin, thus not zero net carb Can leave an aftertaste	easy	Walmart (in store and online); Amazon.com; most grocery stores	Holiday Cookies
Allulose 	0	Very low calorie sweetener that occurs naturally in fruits like figs and raisins Caramelizes and browns like sugar Best used in softer recipes like cakes and muffins No aftertaste.	Not a 1:1 sugar replacement 70% as sweet as sugar (1 1/3 cups allulose= 1 cup sugar) Newest sugar alternative in grocery stores	moderate	Walmart.com; Amazon.com; Target	None
Xylitol 	0	Naturally occurring sugar alcohol 1:1 sugar replacement 95% as sweet as sugar	Significant cooling mouthfeel/ aftertaste Toxic to pets Can be difficult to find Gastric effect if 2 tbsp or more consumed in a sitting	moderate	Walmart.com; Amazon.com; some grocery stores; most health food stores	Double Chocolate Cookies
Erythritol (i.e. Swerve) 	0	Naturally occurring sugar alcohol Widely available in granulated and confectioners (powdered) forms Excellent sugar replacement for cold and frozen desserts.	Not 1:1 sugar replacement 70% as sweet as sugar (1 1/3 cups erythritol= 1 cup sugar) Cooling mouthfeel/ aftertaste Does not dissolve as easily as sugar Gastric effect if 2 tbsp or more consumed in a sitting	moderate	Walmart (in store and online); Amazon.com; many grocery stores; many health food stores	Pumpkin Spice Cheesecake
Erythritol-stevia blend (i.e. Truvia, Wholesome Organic Stevia) 	0	Sugar alcohol and plant based sweetener blend Combination of stevia and erythritol increases sweetness and counteracts aftertaste	Not a 1:1 sugar replacement Sweeter than sugar (check packaging for sugar equivalents)	moderate	Walmart (in store and online); Amazon.com; many grocery stores; many health food stores	Low Carb Chocolate Chip Cookie Dough Bread
Swerve Brown 	0	Erythritol based, with additional ingredients to get the taste and texture of brown sugar 1:1 replacement for brown sugar	Cooling mouthfeel/ aftertaste Does not dissolve as easily as sugar	moderate	Walmart (in store and online); Amazon.com; some grocery stores; some health food stores	Soft Ginger Cookies
Stevia extract powder 	0	Plant-based, non-sugar alcohol 200-300x sweeter than sugar Enhances the existing sweetness of a recipe	Not a 1:1 sugar replacement. Very concentrated sweetener with licorice flavor Can leave an aftertaste	difficult	Walmart.com; Amazon.com; some grocery stores; most health food stores	Pumpkin Cake Roll
Monk fruit extract (AKA Luo Han Guo) 	0	Plant-based, non-sugar alcohol 150-200x sweeter than sugar Available mixed with erythritol to decrease aftertaste (i.e. Lakanto brand)	Not a 1:1 sugar replacement Very concentrated sweetener that can leave an aftertaste	difficult	Walmart.com; Amazon.com; some grocery stores; most health food stores	None
Pure sucralose 	0	High intensity artificial sweetener 600x as sweet as sugar ¼ tsp in 3 tbsp water = 3 cups sugar	Not 1:1 sugar replacement Only available in bulk quantities Very concentrated sweetener that can leave an aftertaste	difficult	Amazon.com	None

OTHER LOW CARB BAKING INGREDIENTS

These ingredients are frequently used as alternatives to sugar sweetened ingredients and/or to help reduce net carbs in a recipe.

Ingredient	Net carbs per ¼ cup	Pros	Cons	Available at	Recipe example
Unsweetened almond or coconut milk beverage 	0-0.5	1:1 replacement for cow's milk	Lower fat and protein content than whole fat cow's milk	Walmart (in store and online); Amazon.com; most grocery stores; most health food stores	Dark Mocha Pudding
Sugar free chocolate chips 	12- 32	Reduces net carbs Lily's uses erythritol and stevia for 3 net carbs per tablespoon chips. Hershey's uses maltitol (a sugar alcohol) for 8 net carbs per tablespoon chips.	Significant contributor to net carbs (use in moderation) Can be difficult to find	Walmart.com; Amazon.com; some grocery stores; most health food stores	Pinwheel Cookies
Hemp hearts/hulled hemp seeds 	1.9	Very high in fiber source of omega-3 fats lower carb replacement for oats, nuts, or other chewy components of baked goods	Can be difficult to find	Walmart.com; Amazon.com; some grocery stores; most health food stores	Low Carb Oatmeal Chocolate Chip Cookies
Chia seeds 	2.5	Very high in fiber, Source of omega-3 fats Forms a gel-like texture when soaked in liquid Can replace eggs in vegan baking	Gel-like texture from soaking can be slimy	Walmart (in store and online); Amazon.com; many grocery stores; most health food stores	Chocolate Chia and Coconut Pudding

