

Cheesy Keto Naan Bread

Description

If there's one thing low-carb eaters miss the most, it's bread—especially warm, pillowy naan that's perfect for scooping up saucy curries or dipping in garlic butter. When I first started experimenting with keto baking, I never expected to find a substitute that came *this* close to the real thing. But this **Cheesy Keto Naan Bread** absolutely changed the game. It's chewy, flavorful, and so easy to make—no yeast, no fuss, and it's ready in under 30 minutes.

What makes this naan unique is the melted mozzarella base. It gives the bread that stretchy, satisfying texture, while almond flour and chia seeds add structure and fiber. Whether you're fully keto, gluten-free, or just looking for a healthier flatbread alternative, this is a recipe worth keeping on repeat.

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Ingredients

- 1 ½ cups shredded mozzarella cheese
- 2 tablespoons milk
- 1 cup almond flour
- 1 teaspoon baking powder
- 2 large eggs
- 2 tablespoons chia seeds

How to Make Keto Naan Bread

Step 1: Preheat and Prep

Preheat your oven to **350°F (180°C)**. Line a baking sheet with parchment paper so your naan doesn't stick.

Step 2: Melt the Cheese

In a microwave-safe bowl, melt the mozzarella cheese with milk in 20–30 second intervals, stirring between each one, until smooth and melted. Let it cool for a couple of minutes so it's easier to mix.

Step 3: Make the Dough

In a separate mixing bowl, whisk together almond flour, baking powder, eggs, and chia seeds. Once the cheese mixture has slightly cooled, stir it into the flour mixture. The dough will be thick and slightly sticky, but that's what you want!

Step 4: Shape the Naan

Divide the dough into equal portions (4-6 depending on how large you want them). Use your hands to shape each portion into an oval or circle-^{about 1/4 inch thick}and place them on the prepared baking sheet.

Step 5: Bake

Bake for **15-20 minutes**, or until the naan is golden brown on the edges and cooked through in the center. You can also broil them for the last minute if you want a little extra browning.

Serving Ideas

Serve your keto naan warm, brushed with garlic butter, or use it as a base for flatbread pizzas. It pairs perfectly with low-carb dips, soups, or even as a side to your favorite curry.

Why You'll Love It

This keto naan is:

- Low in carbs
- Gluten-free
- High in flavor
- Ready in under 30 minutes

It's everything you crave from traditional naan-^{minus the guilt}.

Category

1. Low Carb Recipes

Date Created

10/06/2025

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