

Low Carb Herb-Infused Garlic Naan

Description

In the heart of the Midwest, where fields stretch as far as the eye can see, the kitchen is the soul of the home. It's where stories are shared and traditions are passed down. This low carb herb-infused garlic naan is a delightful twist on a classic that brings the warmth of homemade bread without the extra carbs. Inspired by the rich flavors of traditional naan, this version is perfect for those who want to enjoy the comforting taste of garlic and herbs while keeping things light. Whether you're gathering around the table with family or enjoying a quiet evening at home, this naan is sure to become a cherished addition to your recipe collection.

This garlic naan pairs beautifully with a hearty stew or a vibrant salad. For a true Midwestern feast, serve it alongside a warm bowl of beef stew or a fresh garden salad with a tangy vinaigrette. The naan's rich flavors complement the savory notes of the stew and the crispness of the salad, creating a balanced meal that satisfies both the heart and the palate.

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Low Carb Herb-Infused Garlic Naan

Servings: 4

Ingredients

- 1 cup almond flour
- 1/4 cup coconut flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup Greek yogurt
- 1 large egg
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 2 tablespoons fresh cilantro or parsley, chopped

Directions

1. Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, combine almond flour, coconut flour, baking powder, and salt.
3. Add Greek yogurt and egg to the dry ingredients, mixing until a dough forms.
4. Divide the dough into four equal portions and shape each into a flat oval.
5. Place the dough ovals onto the prepared baking sheet.
6. In a small bowl, mix olive oil and minced garlic.
7. Brush the garlic oil over each naan, ensuring even coverage.
8. Bake in the preheated oven for 10-12 minutes or until golden brown.
9. Remove from the oven and sprinkle with fresh herbs before serving.

Variations & Tips

For a cheesy twist, sprinkle shredded mozzarella or Parmesan cheese over the naan before baking. If you prefer a spicier kick, add a pinch of red pepper flakes to the garlic oil mixture. You can also experiment with different herbs like rosemary or thyme for a unique flavor profile. For a dairy-free version, substitute the Greek yogurt with a plant-based alternative.

Category

1. Low Carb Recipes

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