



8

Servings

20^{min}

Prep Time

15^{min}

Cook Time

35^{min}

Total Time

Keto Garlic Naan

Ingredients

- 3/4 cup coconut flour
- 1 1/2 tbsp psyllium husk powder
- 1 tsp salt
- 1/2 tsp baking powder
- 1/4 tsp cumin
- 4 tbsp butter, melted
- 2 tsp cloves garlic, minced
- 1 1/2 cup boiling water
- 1 tbsp extra virgin olive oil

Macros Per Serve

Calories - 130 | Fat – 10.1g

Net Carbs – 3.7g | Protein – 2.4g

Conventional Method

- 1 Mix together the melted butter and minced garlic in a small bowl.
- 2 Combine the dry ingredients for the naan and add 2 tbsp of the garlic butter mix. Combine well and then add the boiling water. Check the consistency of the dough once it is all mixed together. You want a play dough like consistency. If it's too wet, add a little more psyllium husk powder, too dry add a little more hot water. Place dough aside for 5 - 10 mins until cool enough to touch.
- 3 Break the dough into 8 pieces and roll them into balls.
- 4 Place a ball on a piece of baking paper and put another piece of paper on top. Gently press down on the dough or roll with a rolling pin. You want the naan to be around 7mm thick. Repeat with the remaining dough.
- 5 In another fry pan over medium-high heat, add the olive oil. Add the naan and cook for 3 - 4 mins on each side until a lovely golden colour. Remove from the pan and brush with the remaining garlic butter mix. Repeat with the remaining naan.
- 6 Enjoy with a delicious, saucy curry.

Thermomix Method

- 1 Mix together the melted butter and minced garlic in a small bowl.
- 2 Add the dry ingredients for the naan and add 2 tbsp of the garlic butter mix to the Thermomix bowl and combine for 30 sec/sp4. Add the boiling water and mix for a further 20 sec/sp4. Check the consistency of the dough once it is all mixed together. You want a play dough like consistency. If it's too wet, add a little more psyllium husk powder, too dry add a little more hot water. Place dough on baking paper and set aside for 5 - 10 mins until cool enough to touch.
- 3 Break the dough into 8 pieces and roll them into balls.
- 4 Place a ball on a piece of baking paper and put another piece of paper on top. Gently press down on the dough or roll with a rolling pin. You want the naan to be around 7mm thick. Repeat with the remaining dough.
- 5 In another fry pan over medium-high heat, add the olive oil. Add the naan and cook for 3 - 4 mins on each side until a lovely golden colour. Remove from the pan and brush with the remaining garlic butter mix. Repeat with the remaining naan.
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