

Low Carb Croutons

Yield: 4 serves | **Prep:** 10 min | **Cook:** 5 min | **Stale Time:** 24 hr

A low-carb alternative to traditional croutons

Ingredients

- 1 8-10 slices of Arnold brand keto white bread
- 1 Olive oil spray
- 1 1-2 tbsp. unsalted butter
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried thyme
- ½ tsp dried sage
- ¼ tsp salt (granulated - NOT kosher)
- ⅛ tsp ground pepper

Notes

I recommend Arnold Brand "Keto" bread - I have tried various brands, and this is the best-tasting in my opinion



Instructions

1. Cut the crust off of the bread slices and cut into small cubes (about 1/2" square)

Stale the bread - you can do this by either first lightly toasting the bread and leaving on a sheet tray in the oven for 2-3 days, OR you can toast the bread and cut it up. However, it is preferable for a better crunch to allow the bread to get completely stale so there is no moisture inside each cube.

Place the cubes in a large bowl and lightly spray them with olive oil spray while tossing them so they all are lightly covered with olive oil. Do NOT saturate them - the idea is to give a light coating so the spices will stick.

Place all of the spices in a small bowl and mix thoroughly.

While tossing the bread cubes, sprinkle the spice mixture over them so that they are evenly coated. Occasionally taste them. It is okay if there is spice mix left over. The trick is to get them coated to your taste preference.

Heat a large skillet and melt the butter. Quickly add the cubes to the skillet and continuously toss until they are a golden color. Be careful as low-carb breads can easily burn because of their main ingredients. When lightly toasted, remove them to a sheet pan fitted with a rack. Allow them to dry and cool completely.

Store them in a zipper-lock plastic bag and remove as much air as possible (humidity can soften the croutons). You can store them airtight for several days at room temperature.

Use them on salads, soups, and other foods that would benefit from a great, seasoned crunch.