



# Low Point Bread Crumbs

How to Use Low Calorie, Low Carb "Keto" Bread, to Make Low Point Breadcrumbs



I first made my cookbooks, there WAS no widely available Keto bread, now, you can find it in most major supermarkets and Walmarts. Because of it's wide availability now, I decided to revise this cookbook to include it's use. Though a lot of brands are available at 1 point per slice, you'll need to experiment to find the brand(s) you like best.

## Ingredients:

- 5 slices of ANY BRAND "Keto", sliced bread. I personally love the 'Signature Select' brand, which is available at most Albertsons, Vons, Kroger, Ralphs and other Kroger 'family' stores. (Signature Select is 5 slices for 4 points)

## Serving Info:

Yield: 1-1/4 cups crumbs.  
Make's enough breading to coat a 1964, Mint Green Buick Skylark

## Things You'll Need:

- An oven
- Baking sheet pan(s).
- Food processor OR a gallon ziplock bag with a rolling pin
- A 10" or 12" pan.



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4-4  
Points shown are for the ENTIRE BATCH

- last checked 12/06/22 -  
Use your mobile device's 'Camera' App to look at this code for nutritional info.

## Directions:

1. Take 5 slices of your preferred "Keto" bread. Slice them into squares and lay the cut pieces onto a foil-lined baking pan. Arrange them in a SINGLE LAYER. Use more than 1 pan if you don't own 1 large pan. Having the bread in a single layer is important.
2. Preheat your oven to 250 degrees. Once it comes up to temperature, bake the bread for 20 minutes, then remove from the oven and let cool for 15 minutes.
3. (2 options). **Option 1:** Place the cooled bread into a food processor, pulse a few times, then process till they are broken down to crumbs. Or.. **Option 2:** Place the bread into a bag and use a rolling pin to crush it all into crumbs.
4. Heat a large pan over medium heat for 1 minute, then add the crumbs. DO NOT MOVE THE PAN!! Let the crumbs sit in place and cook. EVERY 30 SECONDS, stir and toss the crumbs around, then leave them alone for another 30 seconds, then toss again. Repeat till they take on a slightly uniform golden hue, like in the bottom left picture. (Mine took 7 minutes)
5. Pour the hot crumbs back onto the foil of the baking pan and spread them out. Let cool to room temperature. Once cooled, store in an air tight container. Done.

## NOTES:

- You can use ANY brand of Keto bread you want. I used 'Signature Select', which is 5 slices for 4 points. If you use a different brand, adjust your recipe's points accordingly.
- **GLUTEN FREE CRUMBS:** If you have gluten intolerances, you can use any brand of Gluten free sliced bread to make your own crumbs. The process will be the same.

