

Gluten Free, Keto Friendly, 90 second bread cinnamon roll

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This 90 second bread stuff is very versatile as you can make many things with it just by adding in a few ingredients here and there.

One afternoon I wondered if I could make a cinnamon roll for my daughter and myself for a nice little snack and it turned out ot be pretty good. It is not anywhere near the taste of a Cinnabon, but this will do good for the times that I crave a cinnamon roll and want to keep the carbs down.

Ingredients:

- 1 Egg
- 1-2 Tbsp softened **butter**
- 1 tsp **vanilla**
- 3 Tbsp blanched **almond flour**
- 3 tsp **baking powder**
- 1-2 tsp **cinnamon powder** (can use less or more depending upon taste)
- 2 - 3 tsp **Splenda, Stevia, Truvia, Xylitol, Sorbitol** or **Erythritol**

Directions:

1. Soften the butter and add all the ingredients into a lightly greased bowl of the shape that you want the cinnamon roll to be in
2. Place the bowl into the microwave and cook for 90 seconds
3. Take the cinnamon roll out of the bowl and let cool
4. If you want you can make some **cream cheese frosting** to go ont the top.

Enjoy.

