

Gluten Free, Keto Friendly, Low Carb, 90 second bread

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90 second bread, yep, I said 90 second bread.

This is bread that you can make in a coffee mug, a small pyrex bowl or something small like that.

It comes out to about the size of 2 english muffins that are stacked on top of each other, but this bread is spongy unlike english muffin bread. When in a pinch, this is super easy to make and the uses of this bread are almost endless.

You can add seasoning to the bread if you want to get rid of some of the eggy flavor



Here is how to make this versatile bread.

Ingredients:

- 3 Tbsp **blanched almond flour**
- 3 tsp **baking powder**
- 1 egg
- 1 Tbsp butter

Directions:

1. Grease a small pyrex bowl or a coffee mug
2. Mix all the ingredients into a bowl
3. Cook in your microwave for 90 seconds.

That was easy.

Watch this video on Daily Motion - <http://dai.ly/x6hfp4d>

Nutrition Facts

Servings 1.0

Amount Per Serving

calories 298

% Daily Value *

Total Fat 26 g 40 %

Saturated Fat 9 g 47 %

Monounsaturated Fat 2 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 216 mg 72 %

Sodium	1633 mg	68 %
Potassium	72 mg	2 %
Total Carbohydrate	9 g	3 %
Dietary Fiber	2 g	9 %
Sugars	1 g	
Protein	11 g	22 %
Vitamin A		13 %
Vitamin C		0 %
Calcium		88 %
Iron		18 %