

Gluten Free, Keto Friendly, Low Carb, 90 second strawberry shortcake

Posted At : February 26, 2017 9:18 PM | Posted By : Jason

Related Categories: almond flour, gluten free desert, keto friendly desert, Gluten Free Cooking, Low Carb, Cooking, Keto Cooking, Gluten Free Keto Cooking



90 second strawberry shortcake, yep, I said 90 second.

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. This is the same concept as the 90 second bread, but this adds a few different flavors to it and when combined with

You can add seasoning to the bred 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

- 1 - 2 tsp **Erythritol**
- 1 - 2 tsp **vanilla extract**
- 1 cup of **low carb whipped cream**

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.
4. Let cool
5. Add **low carb whipped cream** to the top with strawberries if you wish to.

