

Easy Keto Bread Bun

WHOLE-FOOD RECIPE | NO ADDED SUGAR



Prep:
5 min

Cook:
2-5 min

Makes:
1 bun

INGREDIENTS

- 2 eggs
 - 6 tbsp almond flour
 - 1 tbsp melted butter, plus extra butter for serving if desired
 - 1/2 tsp baking powder
 - Pinch of sea salt
- Ingredient Note** Use organic ingredients whenever possible, especially eggs, butter and almond flour. Choose almond flour...

Ingredient note

Use organic ingredients whenever possible. Choose whole-food ingredients without added sugar, fillers, preservatives or artificial ingredients.

INSTRUCTIONS

1. Add the eggs to a small microwave-safe bowl and whisk until smooth.
2. Add almond flour, melted butter, baking powder and sea salt.
3. Mix well until the batter is smooth and fully combined.
4. Microwave for approximately 2 to 2.5 minutes, depending on your microwave and bowl size, until the bun is set and cooked through.
5. Carefully ease the bun out of the bowl and allow it to cool slightly.
6. Once cooled, cut the bun in half across the circle. Best served toasted, with butter or your favourite savoury toppings.
7. Stop Sugar Crave™ | Use organic ingredients whenever possible

VICTORIA'S TIP

This is one of those quick recipes to keep in your back pocket when you miss bread. I like it best warm with butter, or sliced and used as a base for eggs, cheese or a savoury breakfast plate.

APPROXIMATE NUTRITION

Calories 430 Protein 22 g Total Carbohydrates 15 g Fibre 7 g

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