

90 Second Low Carb Keto Bread

Soft and Fluffy low carb keto bread made in the microwave in just 90 seconds. Use coconut or almond flour, butter or oil!

🍷 Course	Breakfast
🍴 Cuisine	American
🕒 Prep Time	1 minute
🕒 Cook Time	1 minute
🕒 Total Time	2 minutes
🍴 Servings	1
🔥 Calories	220 kcal



★★★★★
4.49 from 157 votes

Ingredients

- 3 tablespoons almond flour or 1 tablespoon coconut flour
- 1 tablespoon butter or oil
- 1 medium/large egg
- 1/2 teaspoon double acting baking powder

Instructions

1. Melt butter in a microwave-safe bowl or ramekin. Add the almond flour, egg and baking powder to the butter. Beat with a fork until completely mix.
2. Microwave for about 90 seconds, until firm. Run a knife along the edge and flip over a plate to release. Slice in half, then toast in the toaster or in a skillet.
3. To Bake: Pre-heat oven to 375F. Bake in a ramekin for 10-12 minutes or until cooked through.

Recipe Notes

To Bake in Oven: Use a ramekin and bake at 375 for 10 minutes

Nutrition Facts	
90 Second Low Carb Keto Bread	
Amount Per Serving (1 bread)	
Calories 220	Calories from Fat 189
	% Daily Value*
Total Fat 21g	32%
Saturated Fat 7g	35%
Cholesterol 33mg	11%
Sodium 101mg	4%
Total Carbohydrates 4g	1%
Dietary Fiber 2g	8%
Protein 4g	8%
Vitamin A	7%
Calcium	4.4%
Iron	4.4%

* Percent Daily Values are based on a 2000 calorie diet.

Way I made and enjoyed them:

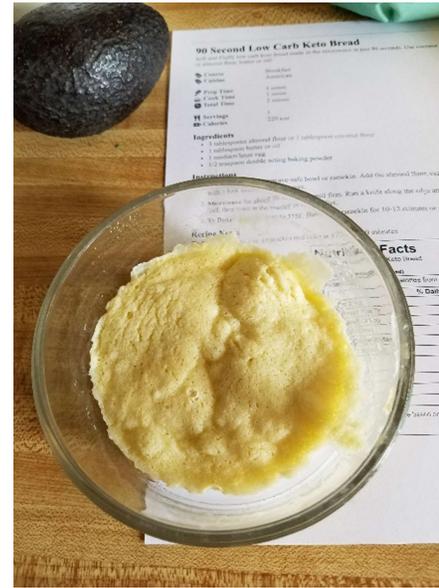
Used Coconut Flour

Made in 2 cup Pyrex glass dish and used Microwave method.

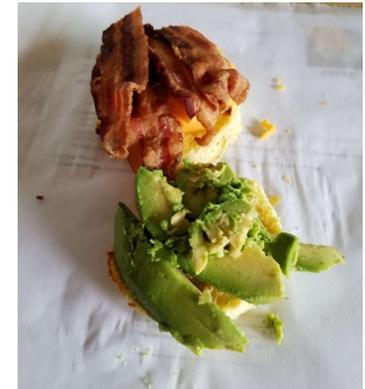
Freeze. Take out and pop in Toaster and enjoy – breakfast or lunch sandwich without the bulky feeling!



Target – Only place I could find
Cornstarch Free Baking Powder



Looks better once you split and Toast



Enjoy!



Toss the ciabatta and replace with toasted 90 sec bread!