

Quick and Easy Low Carb Bread

Ingredients to make 1 serving

- 3 Tbsp Almond Flour
- 1/2 tsp aluminum-free baking powder
- 1/2 tsp seasonings (optional)
- 1 Tbsp melted Grass Fed Butter
- 1 egg white, whisked

Directions

1. Preheat oven to 400F
2. Mix almond flour, baking powder, seasonings (if using), and egg white together
3. Add butter and mix until combined
4. Place in small, round glass container (about 4 inches diameter, at least 2 inches deep). NEVER use plastic containers in microwave, as the plastic gives off harmful chemicals when heated.
5. Microwave for 70-90 seconds (batter will rise as cooking begins, then settle)
6. Cool for one minute
7. Slice in half, toast before eating

Note: **If you have more time**, you can put the batter on a baking sheet lined with parchment paper, making a round that is around 3-4 inches in diameter. Bake in a 400F oven for 10-12 minutes, then flip and bake for additional 2-4 minutes. This will yield a thinner, crispier version of bread.

Nutrition facts per serving (full recipe is 1 serving):

Calories - 260

Fat - 20 grams

Carbs - 9 grams

Fiber - 3 grams

Net Carbs - 6 grams

Protein - 11 grams

