

HAMBURGER BUNS

PREP TIME: 5 MINUTES | COOK TIME: 15 MINUTES | MAKES: 5 BUNS

1 cup cheddar cheese
4 tablespoons almond flour
1 tablespoons Parmesan cheese
¼ teaspoon arrowroot powder
3 eggs

Directions

Preheat oven to 350°F and line a baking sheet with parchment paper.

In a large bowl whisk eggs together.

Add remaining ingredients to the bowl and mix until thoroughly combined.

Scoop five spoonfuls of the mixture onto a baking sheet lined with parchment paper and smooth the mixture into desired shape.

Bake for 10-12 minutes and then broil on high for 3 minutes.

Remove from oven and allow to cool completely before using.