

90Second Keto Bread in a Mug

Jacob · 28/09/2024



Prep Time

2 mins

Difficult

Medium

Servings

9 mins

Description

Try keto bread microwaved quickly and easily with only 5 ingredients in 90 seconds This bread is so tasty and perfect for sandwiches and toast

Ingredients

— - 1 tablespoon butter - 1/2 cup blanched almond flour - 1 egg - 1/2 teaspoon baking powder - 1 pinch salt

Instructions

1. Microwave butter in a microwave-safe mug until melted
2. about 15 seconds. Swirl the mug to coat with butter. Add almond flour
3. egg
4. baking powder
5. and salt to the mug; whisk until smooth. Microwave on high until set
6. about 90 seconds. Let cool for 2 minutes before slicing.