

# Keto 90 Second Bread

## Ingredients:

3 TBSP Almond Flour (or 1 TBSP Coconut Flour)  
1 TBSP Melted Butter  
1 Large Egg or 1/4 Cup Egg Whites  
1/4 tsp Baking Powder  
1 tsp Everything but the bagel seasoning or any seasoning you like  
1/2 tsp Sweetener  
Pinch Salt



## Instructions:

Melt 1 TBSP Butter in microwave safe ramekin or coffee cup  
Add in remaining ingredients and mix together  
Tap cup on counter to get rid of air bubbles  
Microwave for 90 seconds  
Turn cup upside down and slice

You can use these just like that for sandwiches or burgers or you can toast them. Although they will toast in a toaster, I recommend toasting them in some butter in a skillet on medium heat.

Toasted you can enjoy them with cream cheese, jelly and butter or anything else you want.

You can also freeze these for up to 3 months or keep in the fridge for about a week.

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Servings: 2

Macros Per Serving:

Net Carbs: 1 Fiber: 1 Total Carbs: 2.5 Protein: 5 Fat: 14 Calories: 153

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