

90-Second Keto Bread in a Mug.

PREP TIME: 5 MINS
COOK TIME: 2 MINS
SERVINGS: 1 SERVING

Ingredients:

- 1 tablespoon butter
- $\frac{1}{3}$ cup blanched almond flour
- 1 egg
- $\frac{1}{2}$ teaspoon baking powder
- 1 pinch salt

Instructions:

STEP 1

- Microwave butter in a microwave-safe mug until melted, about 15 seconds. Swirl the mug to coat with butter.

STEP 2

- Add almond flour, egg, baking powder, and salt to the mug; whisk until smooth.

STEP 3

- Microwave on high until set, about 90 seconds. Let cool for 2 minutes before slicing.

