



# 90 Second Bread

Easy Keto and low carb recipes are our specialty and this one definitely hits the mark! Mix up just a few ingredients and 90 seconds later you'll have bread for your Keto lunch, dinner, or even as a dessert! Check out the tips and tricks below!

## Here are the Ingredients You'll Need:

- 3 Tablespoons Almond Flour
- 1 Egg
- 1/2 tsp Baking Powder
- 1 1/2 T Butter, melted

## Recipe:

- Mix and pour into 16oz Ramekin
- Microwave for 90s.



## The Keto Dad Tips:

- Mix the dry ingredients first - this will help the baking powder mix in well
- Make it chocolate by adding 1 T of Cocoa powder, 1 T Heavy Whipping Cream and Teaspoon of Swerve!
- Add in cheese or any seasonings to change it up!
- We love using this a bread for sandwiches (chicken salad!) or toast with some cheese, or a breakfast sandwich!

**Serves:** 1

**Macros:** Calories: 355, Fat: 32g, Carbs 5g, Fiber 2g (Net Carbs 3), Protein 11g

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