



90 Second French Toast

There are so many amazing Keto Breakfast foods, it was hard to pick which blog post to write next! I decided on this 90 second French Toast recipe because my kids love it SO much! A lot of Keto Breads just don't hit the mark . . . but this one mixes up perfectly with the eggs and heavy cream to make a delicious breakfast! So check your pantry, gather your ingredients, and get ready to WOW! your family with this one!

Recipe

For Bread:

2 T Butter

½ tsp Vanilla

1 Egg

3 T Almond Flour

½ tsp Baking Powder

¼ tsp Cinnamon

Pinch of Nutmeg



Melt the butter in the ramekin, mix in Vanilla and Egg.

Combine dry ingredients, then mix into ramekin.

Microwave for 90 seconds.

Cut the bread in half - then dip the egg mixture (below) and fry on a pan!

Egg Mixture:

1 Egg

2 T Heavy Whipping Cream

¼ tsp Swerve

The Keto Dad Tips and Tricks:

- Serve with butter, whipped cream or Keto friendly syrup.
- Make the bread the night before, then just dip and fry them when the family wakes up in the morning!
- The sauce portion below is enough for two sets of French Toast - so wake up the family or invite over some friends!

Serving size: 1

Calories: 422, Fat: 39g, Carbs: 6g, Fiber: 3g, (Net Carbs 3) Protein: 11g

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