

90 Second Keto Bread

Ingredients

- 3 tbsp almond flour or 1 1/3 tbsp coconut flour
- 1 tbsp olive or avocado oil
- 1/2 tsp baking powder
- 1 large egg
- Tiny pinch of salt

Method

1. Add all ingredients to a 4x4 inch (10x10cm) microwave safe bowl.
2. Tap on the counter a few times to remove air bubbles.
3. Microwave for 90 seconds.