

## Hamburger Buns

5 buns

15m prep time, 12m cook time

### *Cheesy Almond Flour Hamburger Buns*

1	1 1/2 cups 2 ounces	Mozzarella Cheese, shredded Cream Cheese	Place the mozzarella and cream cheese in the microwave for 1 minute. Stir the cheeses. Continue to microwave in 30 second intervals and stirring the mixture until well mixed.
2	1 large	Egg	Mix the egg into the cheese mixture until smooth.
3	1 1/2 cups 2 tbsp	Almond Flour Baking Powder	Mix the almond flour and baking powder first, then slowly mix the dry ingredients into the cheese mixture until a dough forms. Divide the dough into 5 equal peices and form the peices to a bun shape. Line a baking sheet with parchment paper and place the peices on the sheet.
4	1 large	Sesame Seeds Egg	Whip the egg together until smooth. Use a brush to apply the egg mix to the buns. Sprinkle sesame seeds onto buns. Heat the oven to 400°F. Place a metal pan with ice cubes in it at the bottom of the oven (helps dough rise). Bake for 12 minutes or until the outside of the buns has browned.

## Nutrition Facts

Hamburger Buns

Amount per Serving

<b>Calories (kcal)</b>	294
<b>Fat (g)</b>	25
<b>Carbohydrates (g)</b>	7
Fiber (g)	3
<b>Protein (g)</b>	14

Re-produced from *Low Carb Hamburger Buns (Keto Sandwich Rolls)*<sup>1</sup>

<sup>1</sup>About Kim Hardesty. *Low Carb Hamburger Buns (Keto Sandwich Rolls)*. June 2021. URL: <https://www.lowcarbmaven.com/low-carb-hamburger-buns/>.