

90 Second Bread

♥ lowcarblove.com/blog/90-second-bread

November 2, 2021



Yields: 4

Ingredients:

- ¼ cup unsalted butter room temperature
- 4 large eggs room temp
- ¾ cup almond flour
- 2 tablespoon baking powder

Directions:

1. In a bowl mix well all ingredients
2. Pour into lightly greased mold
3. Microwave for 90 seconds

4. Nutrition:

Nutrition per serving:

- Calories 37
- Total Fat 2.1g

- Total Carbohydrate 4.8g
 - Dietary Fiber 2.8g
 - Net carbs 2g
 - Protein 0.7g
-