



90 Second Microwave Bread 2.7 net carbs

This 90 second bread is made in the microwave and you can use almond flour or coconut flour. I also provide oven instructions. Use this to make a grilled cheese or low carb sandwich!

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Course	Main Course, Snack
Cuisine	American

Prep Time	3 minutes
Cook Time	2 minutes
Total Time	5 minutes

Servings	1
Calories	315 kcal

Ingredients

- 3 tbsp almond flour or 1 1/3 tbsp coconut flour
- 1 tbsp oil (melted butter, melted coconut oil, avocado oil)
- 1/2 tsp baking powder
- 1 large egg
- tiny pinch of salt

Instructions

1. add all ingredients to a 4x4 microwave safe bowl, tap on the counter a few times to remove air bubbles, and microwave for 90 seconds. You can also bake in a oven safe container for 10 minutes at 375F

Recipe Notes

For 1 serving using almond flour: 315 calories / 29g fat / 4.7g carbs / 2g fiber / 11g protein

For 1 serving using coconut flour: 235 calories / 20g fat / 5.7 carbs / 3g fiber / 8g protein

- Tap the container on the counter a few times to remove any air bubbles before you cook it
- You could really use any nut flour that you want if you are allergic to almonds or coconut. For alternative nut flours like pecan flour, you would use 3 tbsp. You use half the amount for coconut flour because it's not really a nut and it is very absorbent!
- I found that a 4x4 microwave safe container made the perfect size piece of low carb bread that could be cut in half and stuffed with all the things
- You could also use a round container that is 4 inches in diameter for a keto mug bread
- If you would rather bake this in the oven, you can use an oven safe container and bake at 375 for 10 minutes
- Toasting this low carb bread makes it have a much better texture. you could also use a skillet to toast it in some butter. Yum!