



Low carb English muffin

Low carb super quick muffin, toasted. Serves 1.

Per serve: Cal: 392; Fat: 36g; Pro: 14g; Carbs: 2g

Serves: 1, Prep time: 00:05, Cook time: 00:05

Instructions

Lightly grease ramekin or small bowl with coconut oil to coat. Melt almond butter and butter in separate dish in microwave or stove top until smooth, stirring. Set aside.

In a separate dish, whisk the almond flour, salt and baking powder together. Pour in the almond milk and crack the egg in to the dry ingredients and transfer into ramekin, add butters and stir until combined.

Microwave for 2 minutes or until cooked through (check after 75 seconds). Allow to cool before taking out of ramekin, slicing and toasting.

*can use peanut butter or another nut/seed butter as opposed to almond butter.

Ingredients

- 1 tablespoon Almond meal
- 2 tablespoon Almond butter
- 1 tablespoon Butter, salted
- 0.10 teaspoon Salt, Himalayan
- 0.5 teaspoon Baking powder
- 1 tablespoon Almond milk, unsweetened
- 1 Eggs