

# Mug Bread (90-Second Keto Bread)

Makes 1 mini loaf



## INGREDIENTS

1 Large egg,  
1 TBSP almond or hazelnut flour  
¼ tsp Baking powder  
1 TBSP Coconut flour  
1 Pinch Salt  
1 TBSP Olive oil  
¼ cup cheese, freshly grated  
1 TBSP heavy cream or whipping cream  
1 TBSP Scallions or herbs (optional)

## INSTRUCTIONS

1. Whisk the egg, cream, oil, coconut flour, nut flour, baking powder, and salt together in a small bowl. Add the cheese and scallions or herbs (optional), and stir to combine.
2. Pour into a tall microwave-safe mug and tap the bottom firmly on a dish towel folded on the counter a few times to force any air bubbles to rise and pop. Microwave on high for 90 seconds.
3. *Invert mug onto a cutting board and let the bread slide out. Cut crosswise into 1/2-inch-thick slices. To toast, spread both sides with softened real butter and place into a small skillet already heated to medium-high. Toast until golden-brown, about 30 seconds per side.*

