

KETO ENGLISH MUFFIN

Serves 1

INGREDIENTS

- 3 Tbls. fine almond or chickpea flour
- 1 Tbls. melted ghee or oil
- 1 egg
- ½ tsp. baking powder
- Pinch sea salt
- Any desired seasonings, optional

INSTRUCTIONS

1. Pour oil or melted ghee into a large ramekin or mug to coat bottom.
2. Whisk in remaining ingredients until smooth, making sure there are no clumps at the bottom or along sides.
3. Cover with a paper towel and microwave 90 seconds.
4. Run a knife along the outside to loosen. Give it a jiggle and if the center is not firm, microwave another 30-60 seconds.
5. Carefully pop the English muffin out of the ramekin and let cool before slicing, toasting and enjoying in your favorite way.



NOTES

- Savory seasoning options could be garlic powder & rosemary. Sweet seasoning options could be cinnamon & monkfruit (or add a few raisins as well, knowing this will alter carb content).
- Keep un-toasted rounds in a sealed container in the fridge for 3-5 days for meal prep purposes.
- Our favorite keto breakfast with these is topping them with mascarpone cheese, smoked salmon, capers & dill!

NUTRITION

Per serving: 185kcal; 4g carb; 8g protein; 20g fat; 6g saturated fat; 3g fiber; 0g sugar