

Almond Flour Microwave Bun (Light & Delicious, Sides)

1 ½ tablespoons of Almond Flour

1 tablespoon of oil

½ tsp of baking powder

1 egg

Pinch of Halladay's Spicy Garlic Dill or Farmhouse Five Onion Seasoning

Mix all ingredients and place in flat bottomed mug with a 3 or 4 inch diameter. Microwave for 90 seconds. Best if split in half and toasted or grilled before serving.