

Keto Microwave Bun (Light & Delicious)

- 1 large egg
- 1 Tbs heavy cream
- 1 Tbs olive oil
- 1 Tbs coconut flour
- 1 Tbs almond flour
- 3/4 tsp baking powder
- 1 tsp Halladay's Dilly Herb seasoning

Grease a 4to5 inch mug or bowl with a flat bottom. Combine all ingredients. Microwave on high for about 2 minutes, or until done in the middle. Best served warm.