



Almond Buns

Great bread replacement

original author - Caveman Keto | updated author - Manda Johnson

Ingredients

- $\frac{3}{4}$ Cup Bob's Red Mill Almond Flour
- 2 Large Eggs
- 5 Tbsp Unsalted Butter
- 1.5 tsp Stevia Granular *(optional)*
- 1.5 tsp Baking Powder

Try to use organic ingredients as much as possible to decrease toxicity in your body.

Directions

- Combine the dry ingredients in a bowl.
 - Whisk in the eggs.
 - Melt butter, add to mixture and whisk.
 - Divide mixture equally into 6 parts, place into a muffin top pan or equivalent.
 - Bake for 12-17 minutes at 350 degrees *(varies by oven, watch the first time)*.
 - Let cool on a wire rack.
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