



KETO BUN

Makes 6

INGREDIENTS:

6 large eggs (organic free-range)
3 tsp. baking powder
1 tsp. sea salt
1 TBS. Oregano
6 TBS Butter (grass-fed) MELTED
2 cups Almond Flour
1 tsp. Chia Seed
1 tsp. Flax Seed
** Optional Parmesan Cheese

DIRECTIONS:

- 1) Preheat oven to 350°
- 2) In a large mixing bowl add in eggs, baking powder, and salt. Blend thoroughly. I use an emersion blender.
- 3) Stir in the oregano and almond flour, chia and flax seeds.
- 4) Add in the butter gradually, 1 TBS. at a time, stirring after each addition.
- 5) Add some coconut oil to your bun pan to coat. Olive oil or butter would also work.
- 6) Spoon a heaping 1/3 cup batter into each compartment and smooth out. Sprinkle top with some Parmesan cheese if desired and bake roughly 22 minutes until done.

NUTRITIONAL INFO:

Serving Size - 1 bun
Calories: 401
Total Fat: 36.1 g
 Saturated Fat: 10.4g
 Trans Fat: .5g
Cholesterol: 217mg
Sodium: 791mg
Total Carbohydrates: 9.1g
 Dietary fiber: 4.5g
 Sugars: 2.3g
 Net Carbs: 4.6g
Protein: 14.5g

