

Almond Buns



Ingredients

1. ¼ cups Almond flour
2. 2 large eggs
3. 5 Tbsp. unsalted butter
4. 1 ½ tsp. Splenda (optional)
5. 1 ½ tsp. baking powder

Instructions

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

Nutrition Information:

Calories	373
Fat	35
Carbs	7
Fiber	3
Protein	10

Prep time: 5 min.

Cook time: 15 min.

Total time: 20 min.

Serving size: 2-3