

Microwave almond bread

Ingredients

Per person (per pot):

- 1/3 cup whole almonds
- 1 teaspoon psyllium fibre
- 1/2 teaspoon baking powder
- 1/8 teaspoon salt
- 1 egg
- 2 1/2 tablespoons of butter, (or ghee, coconut oil or olive oil).



An easy, delicious, microwave bread that takes less than 5 minutes to make!

Method

1. Use a hand held stick grinder with small bowl attachment to grind the dry almonds.
2. Add the psyllium fibre , baking powder, and salt
3. Continue to grind / mix
2. Add one egg
3. Continue to mix
4. Finally add the butter and continue to mix.
5. Spoon the mixture into a cup or small ceramic bowl
6. Microwave for 1 1/2 minutes
7. Remove from the microwave, tip out of the bowl and leave to cool
8. Enjoy!

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