

Almond Bun Sandwich

♥ lowcarblove.com/blog/Almond-Bun-Sandwich

May 17, 2022



Almond Bun

Ingredients:

- 1 ¼ cups almond flour (cannot sub coconut flour)
- 2 eggs + 2 full egg whites or 3 tbsp egg whites
- 5 tbsp butter, melted
- 1 tbsp baking powder
- 1 tbsp Sweetener

Sandwich Toppings:

- 2 tbsp mayo
- 1 slice pepper jack cheese
- 2 slices of deli turkey/ham
- 2 slices tomato
- 1 slice red onion
- Jalapenos
- ¼ avocado sliced
- Lettuce
- 1 tbsp sriracha

Directions:

1. In a large bowl, combine almond flour, eggs, butter, baking powder, salt. Add sweetener if you prefer a slight sweet bun.
2. Mix using a whisk, hand mixer or stand mixer until well incorporated (no lumps)
3. Spray your molds, or line your baking sheet with parchment paper.
4. Add mix into molds depending on how big you want your buns to be.
5. Bake at 350F for 12-15 mins until golden brown.

6. Cut in half (or use 2 pieces for one) and enjoy!

From this batch, I made 8 buns (which I cut in half for a sandwich)

Nutrition:

Nutrition for 1 bun:

- Calories - 220
- Fat - 20g
- Protein - 8g
- Net Carbs - 2.8g