

No-Bake Keto Burger Buns (Gluten-free, soy-free, grain-free, egg-free, KETO)

INGREDIENTS (makes 1 bun in a 4 inch ramekin):

- * 3 T Almond Flour
- * 1/2 teaspoon baking powder
- * 1.5 T avocado oil
- * 1 egg
- * 1/2 teaspoon nutritional yeast
- * Salt to taste

DIRECTIONS:

Simply combine all of the ingredients in a small, greased, microwave-safe bowl/ramekin and fork-stir or whisk to thoroughly combine.

Microwave for 90 seconds.

Let cool for just a bit so you can handle it.

Flip the bun out of the ramekin and slice in half.

Enjoy it sandwiching my Easy Crab Cakes (Gluten-free, soy-free, grain-free, egg-free, KETO)