BRITISH · BREAKFAST

2-Minute Keto English Muffin (Almond Flour)

6 min · Makes 1 × 1 English muffin · 303 kcal a portion · Video 4:57 · Wholesome Yum

Vegetarian · Gluten-free ingredients

Almond and coconut flour bound with an egg: under 4 g net carbs and 11 g protein for the whole muffin, with no wheat or sugar to spike blood sugar, and rich in vitamin E and selenium.

Diet notes: Keto (3.9 g net carbs a serve); Dairy-free if you leave out the butter.

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Ingredients

6 · MAKES 1 × 1 ENGLISH MUFFIN

- [ ] 1 tbsp **butter** (or ghee or coconut oil)
- [ ] 3 tbsp **blanched almond flour**
- [ ] ½ tbsp **coconut flour**
- [ ] 1 pinch **sea salt**
- [ ] ½ tsp **baking powder**
- [ ] 1 large **egg** (or 1½ egg whites)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Put the butter in a 4 inch ramekin and melt it, about 30 seconds in the microwave (or in the oven while it heats). 2:00
2. Add the almond flour, coconut flour, a pinch of sea salt and the baking powder, then crack the egg straight into the ramekin. 2:17
3. Whisk until smooth, let the batter sit about a minute to thicken, then smooth the edges with a small spatula or the back of a spoon. 2:46
4. Microwave about 90 seconds, or bake 15 minutes at 350 °F, until a toothpick in the centre comes out clean. 3:22
5. When the ramekin is cool enough to hold, run a knife around the edge, turn the muffin out and slice it in half with a serrated knife. 3:39
6. Toast the halves until golden and crisp for the best nooks and crannies. 4:01

> **Tip** Top with butter, sugar-free chia jam, nut butter, or make a breakfast sandwich with egg. For a batch, bake several ramekins in the oven at once. Use ghee or coconut oil for dairy-free.

The method is a summary in our words — the video shows every step.

One portion (1 English muffin) gives you

1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
303 kcal	11 g	7.4 g	3.5 g	27 g	460 mg
1,270 kJ	22% of a day	3.9 g net · 1.6 g sugars	13% of a day	10 g saturated	20% of a day
		3% of a day		34% of a day	

Energy from net carbs 5% · protein 15% · fat 80% — fits keto: 3.9 g net carbs, 80% of the energy from fat

High in (20%+ of a day) Vitamin E 38% · Selenium 31% · Vitamin B12 24%

Source of (10–19%) Vitamin A 19% · Magnesium 14% · Zinc 11%

Recipe and video: Wholesome Yum (@WholesomeYum) on YouTube — youtube.com/watch?v=Euy7V4vlx1s, published 28 July 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/two-minute-keto-english-muffin