

Adapted from website - https://www.mypcoskitchen.com/wprm_print/3073

Gluten free Hamburger buns

Makes 2 buns when using 10 ounce Ramekins

Ingredients:

- 1/2 cup Almond flour
- 3 eggs - could use 6 egg whites also
- 3 tbsp olive oil
- .33 tsp sea salt

Directions:

1. Preheat the oven to 220C/430F.
2. Mix all ingredients together until well mixed.
3. Put parchment paper into Ramekins
4. Pour equally into 2 10 ounce Ramekins
5. Place in the oven. Bake for 25 minutes. Take out of the oven and let completely cool before cutting.

Nutrition Facts

2 Servings

Amount Per Serving

- Calories 447.0
- Total Fat 41.5 g
- Saturated Fat 6.1 g
- Polyunsaturated Fat 3.2 g
- Monounsaturated Fat 17.6 g
- Cholesterol 279.0 mg
- Sodium 476.1 mg
- Potassium 103.5 mg
- Total Carbohydrate 6.6 g
- Dietary Fiber 3.0 g
- Sugars 1.3 g
- Protein 15.5 g