



Keto Mug Bread



Keto Mug Bread in 90 Seconds

Meal prep is such a big part of our [keto success](#), and by making most things in bulk, including this [Keto Mug Bread](#), our lives are a whole lot easier! We like to keep a big jar of this mixture right next to the microwave in times of need, such as when carb cravings hit or when we need to add some substance to a meal. It takes two minutes to make the mixture and another two to make the bread!

Note: This recipe is for a large batch of keto mug bread mix, not for a single batch.

90 Seconds To A Delicious Meal!

The reason we create recipes like this Keto Mug Bread is not only to scratch our own itch, but to make the [keto diet](#) easier for you. Sometimes we have too much going on in the day where we don't have time to make a meal for ourselves, let alone an entire family. That is where this recipe serves its purpose. It will take you 90 seconds to make this bread and then you can fill it and top it with whatever you have in the fridge.

Here are a few Delicious ways to Top your Bread:

[Natural Peanut Butter](#)

[Keto Jam](#)

Cheese

[Almond Butter](#)

[Sunflower Seed Butter](#) (Nut Free!)

Deli Meat

Avocado

Grass-Fed Butter

Baking With Almond Flour Is No Easy Task

We've done the hard work and created several [almond flour](#) recipes to satisfy all your sweet and savory cravings!

Sweet:

[Chewy Chocolate Chip Cookies](#)

[Breakfast Bundt Cake](#)

[Chocolate Mug Cake](#)

Savory:

[Keto Bread](#)

[Keto Chicken Tenders](#)

[Cheddar Jalapeno Biscuit](#)

Don't be afraid to experiment with any of the recipes above or this easy, Low Carb Mug Bread recipe! You can add [nuts](#), [seeds](#), [berries](#) or different spices to suit your taste that day. Mmmm [cinnamon](#) bread...

Keto Microwave Bread

Making bread in the microwave may sound weird, but it is something you have to try before you dismiss it. Many people miss bread when they first start a keto diet, so the fact that this delicious keto mug bread can be made in just a few minutes can be a huge relief.

Don't Have a Microwave?

Not to worry! You can still make this recipe even if you don't have a microwave. Follow the recipe the same way as described below, but instead of microwaving it, you can bake it in the oven for 20 minutes at 350 degrees F. The truth is it will probably taste even better fresh from the oven.

Make a Bigger Batch

If you want to make a larger serving of bread at one time, the cooking time will increase. A standard size mug bread will take between 70-80 seconds, but if you want to make a double batch it may take closer to two minutes in the microwave.

Coconut Flour vs. Almond Flour

A question we always get asked is if you can substitute between these two keto friendly flours. Typically you are best served by not trying to make the swap because [coconut flour](#) is much [more absorbent](#) than [almond flour](#). That being said, to make this recipe using [coconut flour](#), try using just over 1/2 cup in place of the 2 cups of [almond flour](#).

More Keto Bread Recipes

If you're looking for more keto bread recipes, you're in the right place. We've got a bunch of them here.

[The Best Keto Bread](#).

[Low Carb Dinner Rolls](#)

[Air Fryer Biscuits](#)

[Keto Pumpkin Bread](#)

[Keto Naan](#)

Quick Keto Mug Bread

If you're looking for a quick, [healthy snack](#) or [side dish](#) for your meal this keto mug bread is the perfect recipe for you. You can make the mix in bulk (as shown in the video) and store it on your counter in a cool dry place for something to turn to in times of need. You don't have to sabotage your diet when you can prepare this Keto Mug Bread ahead of time!

Recipe can be quickly added to MyFitnessPal – Search “KetoConnect – Keto Mug Bread”