

# 90 Second Keto Bread French Toast

Hands-on 5 minutes Overall 15 minutes



**Nutritional values (per serving, 2 slices):** Total carbs: 7.3 g, Fiber: 3 g, **Net carbs: 4.3 g**,

Protein: 18.4 g, Fat: 53.4 g, Calories: 572 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

## Ingredients (makes 1 serving)

### 90 second bread:

- 1 large egg
- 1 tbsp [extra virgin olive oil](#), [ghee](#) or [coconut oil](#) (14 g/ 0.5 oz)
- 1/4 cup [almond flour](#) (25 g/ 0.9 oz)
- 1/2 tsp [gluten-free baking powder](#)
- 1 tsp [Erythritol](#) or [Swerve](#)
- 1/4 tsp [cinnamon](#)

### French soak:

- 1 large egg, beaten
- 1 tbsp heavy whipping cream or [coconut cream](#) (15 ml)
- pinch of sea salt
- 1/8 tsp [cinnamon](#)
- 1 tbsp unsalted butter, [ghee](#) or [coconut oil](#) for frying (15 ml)
- Optional:* dusting of low-carb sweetener and/or [sugar-free maple flavored syrup](#) to serve

## Instructions

1. Prepare all the ingredients for the 90 second bread. It's the same recipe that we used in this [Keto Grilled Cheese Sandwich](#).
2. Mix together the 90 second keto bread ingredients: egg, olive oil (or melted butter, ghee or coconut oil), almond flour (or ground sunflower seeds), baking powder, erythritol and cinnamon.
3. Place it in a one cup ramekin and microwave for 90 seconds, checking halfway. If still raw in the middle, cook for another 30 seconds.
4. Tip out and let cool. Once cooled enough to handle, split in half and cool further.
5. Whisk the French soak ingredients together in a shallow dish: egg, cream (or coconut cream), salt and cinnamon. Lay the bread in it to soak the slices of bread for 1-2 minutes per side.

6. Heat the butter in a frying pan over medium-high heat and fry the bread until golden on each side, approx. 5 minutes.
7. Optionally serve dusted with powdered sweetener, with [keto ice cream](#), with sugar-free syrup (such as Lakanto monk fruit syrup) and/or powdered low-carb sweetener, with whipped cream, and/or with bacon.
8. Store, covered, in the refrigerator for up to 4 days, reheat in the frying pan.

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