



SCD English Muffin

Wow, are those really legal?

Makes 1 muffin

1/4 c. almond flour
1 Tbs. coconut flour
1/4 tsp. baking soda
1/8 tsp. salt

1 egg white
1/2 tsp. coconut oil
2 Tbs. hot water

For a Cinnamon-Raisin version, add:

1/4 tsp. cinnamon
1/2 Tbs. honey
1-1/2 Tbs. raisins

Mix dry ingredients together in a small ramekin or other microwave-safe bowl. Add wet ingredients and mix well. Microwave for two minutes. Slice in half and toast until golden brown.

Serve with butter or homemade jam, peanut butter - or any other SCD legal spread! This would work great for an egg bacon & cheese breakfast sandwich or BLT.

Note: *When we traveled, I brought along all the ingredients in a small baggie except the egg white and hot water, which I added at the hotel (we carried eggs in our cooler). We also took along a bowl to cook it in, and since we had a microwave in the room, I enjoyed it for breakfast at the hotel!*