
Low-Glycemic Almond Flour Mug Bread

Quick 90-second microwave bread made with blood sugar-friendly almond and coconut flours. Perfect for diabetic-friendly breakfasts and sandwiches!

Prep: 1 min

Cook: 2 min

Total: 3 min

Servings: 1

GL 0.4 / GI 12

Ingredients

Low GI, high in healthy fats and protein almond flour

High fiber, very low glycemic impact coconut flour

Protein source that moderates glucose absorption large egg

Healthy monounsaturated fats, zero glycemic impact extra virgin olive oil

Zero glycemic index, no blood sugar impact monk fruit sweetener

Leavening agent, no glycemic impact baking powder

Flavor enhancer, minimal glycemic effect pure vanilla extract

May help improve insulin sensitivity ground cinnamon

Enhances flavor, no glycemic impact fine sea salt

Instructions

Step 1

Combine the almond flour, coconut flour, monk fruit sweetener, baking powder, cinnamon, and salt in a microwave-safe mug or small bowl. Stir the dry ingredients together with a fork until evenly distributed.

Step 2

Crack the egg directly into the mug with the dry ingredients. Add the olive oil and vanilla extract to the mixture.

Step 3

Whisk all ingredients vigorously with a fork or small whisk for 30-45 seconds, ensuring no lumps remain and the batter is completely smooth. Scrape down the sides of the mug to incorporate all flour.

Step 4

Place the mug in the microwave and cook on high power for 90 seconds. The bread will rise significantly during cooking and should appear set on top when done.

Step 5

Remove the mug carefully from the microwave using an oven mitt, as it will be very hot. Allow the bread to rest in the mug for 1 minute to finish cooking through with residual heat.

Step 6

Gently run a butter knife around the edges of the bread to loosen it. Invert the mug onto a plate and tap gently to release the bread. Let it cool for 5 minutes before slicing.

Step 7

Slice the bread horizontally to create two rounds for sandwiches, or enjoy it whole. For best texture and blood sugar management, toast lightly and serve with protein-rich toppings like almond butter, avocado, or a fried egg.