

# Keto English Muffins, Crumpets, or Breakfast Sandwich Buns

## Ingredients

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- 2 raw egg (Beaten)
- 1/2 t baking powder
- 2 t psyllium husk powder (can also use non-powdered psyllium husks for a rustic texture)
- 4 T almond flour
- 1/4 t himalayan mineral salt (or your favorite sea salt)
- 1 t coconut oil

## Instructions

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<strong>Equipment:</strong>  
<ul>  
<li>Quart measuring cup with spout</li>  
<li>Small wire whisk (or enthusiastic use of a  
fork)</li>  
<li>Very flat pan (I use a <a  
href="http://amzn.to/2jbgN1V"  
target="_blank">large cast iron griddle</a>)</li>  
<li>3-4 <a href="http://amzn.to/2iWoqJN"  
target="_blank">silicone egg rings</a></li>
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<li>Spatula</li>

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Crack both eggs into the measuring cup and beat with wire whisk or fork, add in baking powder, psyllium husk, almond flour, and salt.&nbsp; Whisk thoroughly so that everything is completely combined and there are no almond flour lumps.&nbsp; Set aside for five minutes. While the &quot;batter&quot; is sitting (the psyllium husk is absorbing some of the moisture and thickening the batter), heat the griddle on medium and add coconut oil to the pan or griddle.&nbsp; My cast iron pan is technically &quot;large&quot; but I still can only fit 3 of the egg rings on it at one time.&nbsp; While the recipe is designed for 4 muffins, sometimes I&nbsp;will only make three

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slightly larger ones. Your choice!

When pan is hot and the batter is ready, place the egg rings on the griddle/pan according to the manufacturer's instructions. Pour the batter into each ring, making sure that the batter reaches the inside edges of each ring. Like pancakes, the muffins/crumpets will bubble and look slightly dry on top when it's time to flip them. Be sure to remove the egg rings before flipping. Cook just a few minutes on each side. These cook so quickly that I just stand there with the spatula. For a real treat you can add goat cheese or a slice of cheese to the top of the muffin after flipping. I love to make these into extremely upgraded

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breakfast sandwiches by cooking an egg in the 4th egg ring while heating some ham on the other side of the griddle.&nbsp; Adding that egg, plus ham and cheese between two of the muffins is extra delicious.<br />

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I should also note that these keep well in ziplock bags in the refrigerator after they cool. When you want to eat them, simply reheat them in a toaster oven or under the broiler. <br />

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NOTE: These are extremely high fiber, you may want to just eat one at first :)<br />

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While I'm not a food scientist, here's the approximate nutrition facts for the recipe above

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as calculated online (if you eat the entire 3-4  
&quot;muffins&quot; from the batch):<br />

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