**Bread in a Bowl Recipe**

In a microwave-safe bowl, combine:

* 1 large egg
* 1 Tbsp carbquick (or almond flour)
* 1 Tbsp ground flaxseed
* 1 Tbsp Coconut flour
* 1.5 Tbsp Olive Oil (or Coconut Oil)
* ½ tsp baking powder
* 1 packet (or 1 tsp) Stevia
* ½ tsp salt

Mix all ingredients thoroughly. Then place bowl in a microwave and cook for 90 seconds.

Done!