Microwave Paleo Mug Bread

1 egg

1 tsp melted coconut oil or Olive oil

Dash of salt

1/2 tsp baking powder

\*\*2 Tbsp almond flour

\*\*1 Tbsp coconut flour

   \*\*substitute both flours for 3 Tbsp of Special Flour Mix for a lighter feel.

1-2 Tbsp Water

in an a mug or small bowl, Beat egg and oil together then Add other ingredients  then place in microwave for 1-2 minutes. Turn out of the mug and slice. It will appear white and be spongy. Good with tuna and egg salad. It can be toasted for jellies and honey!

\*\*\*\* Special Flour to store away in plastic tub in fridge.

2 cups almond flour, sifted\*

1 and 1/3 cups tapioca flour/tapioca starch

2/3 cup coconut flour