



Air Fryer Classic Sandwich Buns

Description

Classic American Sandwich Buns that taste great, are low carb and hold up to your burgers and hot dogs with all the toppings!!

PREPRATION TIME:

- Prep time: 5 mins
- Cook time: 10 mins
- Total time: 15 mins

Ingredients:

Dry Ingredients

- 6 Tablespoons THM Baking Blend
- 2 Tablespoons THM Oat Fiber
- 1 teaspoon baking powder
- ¼ teaspoon THM Mineral Salt
- ½ teaspoon onion powder
- ½ teaspoon garlic powder

Wet Ingredients

- 6 tablespoons Egg Whites
- ¼ cup water
- 1 teaspoon THM MCT Oil
- 1 tablespoon apple cider vinegar

Instructions:

1. Prepare baking pan or mason jar bands and lids by placing the lid metal side up into the ring, forming a make shift tart pan. Spray with coconut oil cooking spray. Set Aside
2. Place dry ingredients into a small mixing bowl.
3. Combine wet ingredients with dry and mix until smooth.
4. Scoop 2 TBS of batter into prepared Mason Jar Lids or baking pan that has been sprayed with coconut oil cooking spray. Smooth the tops.

Air Fryer Instructions:

1. Preheat Air fryer to 350 degrees.*
2. Place into your air fryer and cook for 10 minutes If using an Air fryer oven rotate the racks at 5 min for even browning (my Racks were placed at the lowest shelf position and the next highest during the baking cycle.

Oven Instructions:

1. Preheat oven to 375 degrees
2. Place rings and lids onto a baking sheet and into the oven.
3. Bake for 15 minutes or until golden brown.

Notes

These can be made into hot dog buns by using foil formed around a twinkie pan and used to bake in your air fryer.

You can also use a twinkie pan in your oven if you prefer.

Nutrition Information

- Serves: 3
- Serving size: 1 bun
- Calories: 57
- Fat: 3g
- Carbohydrates: 12g
- Sodium: 413mg
- Fiber: 10g
- Protein: 5g
- Cholesterol: 0mg

Category

1. Air Fryer Recipes

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