Crunchy Almond Butter & Flaxseed Toast

Low-carb toasted bread topped with creamy almond butter and nutty ground flaxseed for a protein-packed, satisfying snack.

Servings: 2 **Time:** 5 minutes

Ingredients

- 2 slices low-carb bread
- 2 tablespoons almond butter
- 1 tablespoon ground flaxseed

Instructions

1. Toast the low-carb bread slices in the oven or toaster until golden and crisp.
2. Spread 1 tablespoon of almond butter evenly on each slice while still warm.
3. Sprinkle 1/2 tablespoon of ground flaxseed over each slice.
4. Serve immediately and enjoy.

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