



Almond Flour Seared Bites



4 Servings



30 minutes

Ingredients :

- 1lb crab meat
- 1egg
- ¼ cup almond flour
- ½ tsp garlic powder
- 1tsp paprika
- Olive oil



Instructions :

1. Mix egg , almond flour , and spices .
2. Fold in crab meat gently .
3. Form small bites .
4. Pan-sear until golden .