Lupin Breadcrumbs

**Servings: 9 Prep Time: 7mins Cook Time: 7-10 minutes**

6 slices of My Lupin Keto Bread

1/4 cup Extra Virgin Olive Oil

2 tbsp Spices of your choice

Special Equipment:

Food Processor

Cookie Sheet

Preheat oven at 400F.

Cut the bread slices into cubes and place in a bowl. Add oil and spice, then mix thoroughly until the bread cubes are all coated with the seasoning. Spread out in an even layer on a cookie sheet then bake in the oven for 7-10 minutes, until crispy. Remove from the oven and let them cool completely before grinding them into crumbs in the food processor.

**Nutritional Facts for 1 serving of Lupin Breadcrumbs:** 106.4 Calories, 1.6g Net Carbs, 8.2g Fat, 7.4g Protein.