

# Greek Soul Bread

Original Recipe by Souls Song (aka Gloria Koch)  
Photos and Variations by Joan Snyder

## DIRECTIONS

Preheat oven to 325 F. Prepare a 9 x 5 inch bread pan or molds.

Saute onions with 1 tablespoon of butter in a small frying pan until golden. Add onions, olives, oregano, and garlic and onion powders. Set aside to cool while making the Soul Bread batter.

Soften cream cheese. (45 seconds to 1 minute in a microwave works well.) Melt butter and add to cream cheese. Add in olive oil, heavy whipping cream (or half and half) and eggs. Blend well using a stick blender or hand mixer.

Add feta cheese and cooled onion/olive mixture to the wet ingredients bowl. Mix well.

Add baking powder and xanthan gum to an empty salt shaker and shake over the liquid mixture. Mix well after each shake to avoid lumps.

Add protein powder, salt, baking soda and cream of tartar to a flour sifter. Sift over the wet ingredients. Stir by hand just until mixed. (Do not use a mixer or blender.) Do not over stir or the bread will become dense.

Pour into a 9 x 5 inch bread pan, greased muffin tins or silicone molds and bake at 325 F 45 to 55 minutes, until it's a rich brown color and a knife or pick comes out clean.

Store wrapped in plastic in the fridge (lasts a week) or freezer (lasts a month).

1.25 net carbs per serving for 16 servings.

## Nutrition Facts for Total Recipe

<b>Calories</b>	3791	<b>Calories from Fat:</b>	2714
<b>Total Fat</b>	303g		467%
Saturated Fat	157g		784%
<b>Cholesterol</b>	1576mg		525%
<b>Sodium</b>	7124mg		297%
<b>Total Carbohydrates</b>	34g		11%
Dietary Fiber	14g		56%
<b>Protein</b>	237g		
<b>Vitamin A</b>			359%
<b>Vitamin C</b>			177%
<b>Calcium</b>			374%
<b>Iron</b>			87%



- 1 tbsp unsalted butter
- 3 ozs sweet onions, thinly sliced
- 1/4 c black olives, chopped
- 1 tsp oregano, Greek
- garlic powder, pinch
- onion powder, pinch
- 12 ozs cream cheese, softened
- 1/4 c melted butter
- 1/4 c olive oil
- 1/4 c heavy whipping cream (or half and half)
- 4 eggs
- 4 ozs feta cheese, crumbled
- 2 1/2 tsps baking powder
- 1 tsp xanthan gum
- 1 2/3 c unflavored isolate protein powder (0 carb)
- 1/2 tsp salt
- 1/3 tsp baking soda
- 1/4 tsp cream of tartar
- 3 drop liquid sucralose (or stevia), optional



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