

Onion Cheddar Soul Bread

Original Recipe by Souls Song (aka Gloria Koch)

Photos and Variations by Joan Snyder

DIRECTIONS

Preheat oven to 325 F. Prepare a bread pan (9" x 5") or molds.

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 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, baking soda, salt 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.

Stir in by hand toasted onion (dice and fry until toasty brown), onion salt, Italian seasoning, garlic powder and cheddar cheese. Save some cheese to sprinkle over the top during the last 10 minutes of baking.

Pour into a greased pan or silicone mold and bake at 325 F for 50 minutes, or until golden brown. The bread may be dry on top but adding melted butter helps if you're eating it right away. Once cool, wrap in plastic to store.

1 net carb per serving for 16 servings.

Nutrition Facts for Total Recipe

Calories	3825	Calories from Fat:	2683
Total Fat	298g		459%
Saturated Fat	154g		772%
Cholesterol	1540mg		513%
Sodium	6984mg		291%
Total Carbohydrates	24g		8%
Dietary Fiber	9g		37%
Protein	262g		
Vitamin A			354%
Vitamin C			178%
Calcium			432%
Iron			80%



- 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
- 2 1/2 tsps baking powder
- 1 tsp xanthan gum
- 1 2/3 c unflavored isolate protein powder (0 carb)
- 1/3 tsp baking soda
- 1/2 tsp salt
- 1/4 tsp cream of tartar
- 1 sm onion, toasted
- 1/4 tsp onion salt
- dash Italian seasoning
- pinch garlic powder
- 1 1/2 c sharp cheddar cheese, grated
- 2 drop liquid sucralose or stevia (optional) add to wet ingredients



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