

# Pat's Rosemary Garlic Soul Bread

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

## DIRECTIONS

Preheat oven to 350 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 dried rosemary and garlic powder to the batter.

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.

Pour into a greased pan or silicone mold and bake at 350 F for 45 minutes, or until golden brown.

Once baked, top with freshly grated Parmesan cheese and place under a broiler until melted. When cool, wrap in plastic to store.

1 net carb per slice for 16 slices.

## Nutrition Facts for Total Recipe

<b>Calories</b>	3147	<b>Calories from Fat:</b>	2178
<b>Total Fat</b>	243g		374%
Saturated Fat	119g		595%
<b>Cholesterol</b>	1362mg		454%
<b>Sodium</b>	5529mg		230%
<b>Total Carbohydrates</b>	24g		8%
Dietary Fiber	11g		44%
<b>Protein</b>	219g		
<b>Vitamin A</b>			322%
<b>Vitamin C</b>			175%
<b>Calcium</b>			316%
<b>Iron</b>			83%



- 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
- 2 tbsps dried rosemary
- 1 1/2 tsps garlic powder
- 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
- 2 drop liquid sucralose or stevia (optional) add to wet ingredients



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