



Keto Seeded Protein Bread

Active Time: 10 minutes | **Total Time:** 35 minutes | **Serves:** 16

Nutrition Information Per Serving

70.1 calories, 2.4 g carbohydrate, 1.34 g fiber, 1.06 g NET carbs, 3.67 g protein, 5.29 g fat

Ingredients

- 2 1/2 Tbsp(s) Starwest Botanicals Organic Psyllium Husk Powder
- 1 scoop Ancient Nutrition Bone Broth Protein (Pure)
- 5 1/2 ounce(s) organic cream cheese
- 3 large(s) pastured eggs
- 1/4 tsp(s) sea salt
- 1 tsp sesame seeds
- 1 Tbsp organic apple cider vinegar
- 2 tsp(s) non-aluminum baking powder
- 1 ounce pumpkin seeds
- 1/2 Tbsp(s) chia seeds

Preparation

1. Preheat oven to 325 F. Line a 7.5 x 3.5 pan with unbleached parchment paper. Ensure cream cheese is at room temperature.
2. In a medium bowl, add soft cream cheese and beat with an electric mixer on high speed to cream. Add eggs, one at a time, beating after each addition.
3. In a small bowl, whisk together the psyllium husk powder, sea salt, baking powder and bone broth protein powder.
4. Pour dry ingredients into wet and mix on high speed to combine. Pour in apple cider vinegar and beat again. Stir in pumpkin seeds and chia.
5. Scrape batter into the prepared loaf pan. Top with sesame seeds. Bake for 35 minutes or until golden brown and a toothpick inserted into the center comes out clean.
6. Let cool completely before slicing.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.