



Instant Pot Keto Cheddar Breakfast Bread

Active Time: 10 minutes | **Total Time:** 1.5 hours | **Serves:** 10

Nutrition Information Per Serving

240.8 calories, 4.84 g carbohydrate, 2.12 g fiber, 2.72 g NET carbs, 12.44 g protein, 19.79 g fat

Ingredients

- 1 3/4 cup(s) almond flour
- 2 scoop(s) Vital Whey Protein Powder
- 3/4 tsp(s) salt
- 4 Tbsp(s) butter, melted
- 1/3 cup(s) bone broth or water
- 2 tsp(s) baking powder
- 6 ounce(s) cheddar cheese, shredded
- 2 large(s) eggs

Preparation

1. Grease a 7" springform pan and line with parchment. Place the trivet on the bottom of your Instant Pot and add 1 cup of water to the vessel.
2. In a large bowl, whisk together the almond flour, protein powder, baking powder, and salt.
3. Add 4 ounces of the grated cheese, eggs, melted butter, and the water or broth to the dry mixture. Stir until well combined. Spread the batter into the prepared pan and smooth the top.
4. Cover the top and the bottom of the pan with foil. Place the pan in the Instant Pot. Close and lock the lid. Set the valve to sealing. Set on HIGH pressure for 40 minutes (or use the "cake" setting for 40 minutes).
5. When cooking time is done, let the pressure reduce naturally for 15 minutes. Open the vent, release the steam and remove the pan carefully. Remove the foil.
6. Once the pan has cooled, carefully invert to release the loaf. Preheat broiler to high and set an oven rack in the middle position.
7. Sprinkle loaf with remaining cheddar. Place the loaf on the center rack and broil bread until the cheese is melted and the top is golden, about 2-3 minutes.
8. Remove and let cool 10-15 minutes. Run a sharp knife around the inside of the pan to release the sides. Unmold and serve.

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