MEAL*Genius*®

Instant Pot Buttery Dinner Bread

Active Time: 10 minutes | **Total Time:** 1.5 hours | **Serves:** 12

Nutrition Information Per Serving

260.1 calories, 7.82 g carbohydrate, 4.03 g fiber, 3.79 g NET carbs, 9.31 g protein, 22.22 g fat

Ingredients

- 2 1/4 cup(s) almond flour
- 3 Tbsp(s) psyllium husk
- 6 Tbsp(s) grass-fed butter, melted
- 3 tsp(s) baking powder
- 1 tsp sea salt
- 3/4 cup(s) full-fat sour cream
- 3 large(s) eggs
- 6 ounce(s) shredded cheddar cheese

Preparation

1. Grease a 7” cake pan or the Instant Pot Loaf Pan. Place the trivet in the bottom of the instant pot. Add 1 cup of water to the vessel.
2. In a medium mixing bowl, combine the almond flour, psyllium husk, baking powder, and sea salt.
3. In a second bowl, whisk together the sour cream, melted butter and eggs.
4. Pour the egg mixture into the almond flour and mix well to combine.
5. Add the shredded cheese and gently fold into the batter, reserving a couple tablespoons for topping.
6. Pour the batter into the prepared loaf pan and sprinkle remaining cheese over the top.
7. Cover the pan tightly with foil. Transfer to the Instant Pot, placing on the trivet.
8. Close and lock the lid. Set to the CAKE setting or the pressure to HIGH and time to 40 minutes.
9. Let pressure release naturally. Remove pan from Instant Pot and open the foil. Allow to cool slightly, unmold from pan.
10. Serve.