



Keto Monkey Bread

Active Time: 20 minutes | Total Time: 1 hour | Serves: 12

Nutrition Information Per Serving

203.7 calories, 3.24 g carbohydrate, 0.84 g fiber, 2.4 g NET carbs, 11.42 g protein, 16.45 g fat

Ingredients

- 1 scoop whey protein powder
- 1/2 cup(s) coconut flour
- 2 tsp(s) baking powder
- 2 tsp(s) garlic powder
- 1/2 tsp(s) salt
- 12 ounce(s) sharp cheddar cheese, shredded
- 3 large(s) eggs
- 1/2 cup(s) sour cream
- 2 Tbsp(s) butter melted
- 2 clove(s) garlic minced

Preparation

1. Preheat the Air Fryer or oven to 375 degrees F. Grease a round 7 or 8-inch baking pan or a bundt pan (for a traditional monkey bread look).
2. In a medium bowl, whisk together the dry ingredients.
3. In a large glass bowl, melt the cheese on high in 30 second increments, stirring in between, until smooth.
4. Add the dry ingredients to the melted cheese mixture and stir quickly to combine. Then add the eggs and sour cream, stirring and kneading the dough until it is smooth and uniform.
5. Grease your hands and form one-inch balls of dough, placing them into the greased pan.
6. Mix the melted butter and garlic in a small bowl and drizzle over the rolls. Bake or Air Fry 20 to 25 minutes, until the bread is golden brown and firm to the touch.
7. Remove and let cool at least 20 minutes.

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