



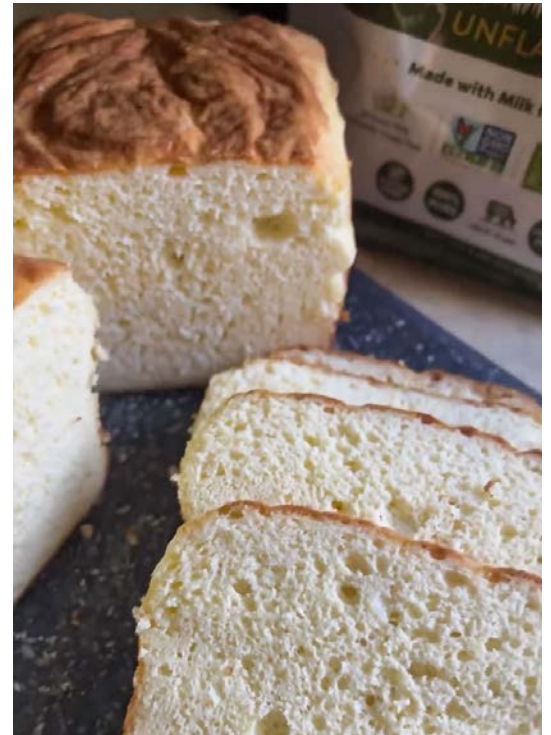
HIGH PROTEIN HOMEMADE BREAD

Protein-Packed / Low-Carb / Keto-Friendly / Gluten-Free

Recipe by Amy (@the_keto_dealer) and
Featured on MariGoldFoods.com

INGREDIENTS:

- 1 1/2 blocks of softened cream cheese
- 4 TBSP melted butter
- 4 TBSP heavy whipping cream
- 1/3 cup olive oil
- 1 spoonful of your favorite sweetener
- 2 1/2 tsp baking powder
- 1 tsp xanthan gum
- 4 eggs
- 2 1/2 cups MariGold Whey Isolate Protein Powder (Unflavored)
- 1/4 tsp cream of tartar
- 1/3 tsp baking soda
- 1/2 tsp salt



DIRECTIONS:

1. Combine softened cream cheese, melted butter, heavy whipping cream, olive oil, your favorite sweetener, baking powder and xanthan gum. Beat with an electric mixer and work in 4 eggs.
2. In a separate bowl combine MariGold Unflavored Whey Isolate Protein, cream of tartar, baking soda, and salt.
3. Gently mix the wet and dry ingredients together by hand until just mixed.
4. Pour in a lined or greased loaf pan and bake at 325° for 45 minutes or until golden brown.
5. Allow to cool-the best way to cool bread is on a cooling rack, lying the loaf on its side and switching sides every once in awhile.

Featuring MariGold
Unflavored Whey Isolate
Protein Powder
(MariGoldFoods.com)

