

Original Low Carb Soul Bread

.9 net carbs per slice for 16 slices.



Recipe by Souls Song from the Facebook group Atkins and LCHF - The Road to Success.

Photo by Joan Snyder



LowCarbeDiem.com

DIRECTIONS

Preheat oven to 325 F. Prepare a bread pan (9" x 5") or molds.

Soften cream cheese. (45 seconds to 1 minute in a microwave works well.) Melt butter and add to cream cheese. Add in olive oil, heavy whipping cream (or half and half) and eggs. Blend well using a stick blender or hand mixer.

Add baking powder and xanthan gum to an empty salt shaker and shake over the liquid mixture. Mix well after each shake to avoid lumps.

Add protein powder, baking soda, salt and cream of tartar to a flour sifter. Sift over the wet ingredients. Stir by hand just until mixed. (Do not use a mixer or blender.) Do not over stir or the bread will become dense.

Pour into a greased pan or silicone mold and bake at 325 F for 45 minutes, or until golden brown. The bread may be dry on top but adding melted butter helps if you're eating it right away. Once cool, wrap in plastic to store.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts

Amount Per Serving		
Calories	3317	Calories from Fat: 2363
		% Daily Values*
Total Fat	264g	406%
Saturated Fat	132g	661%
Cholesterol	1444mg	481%
Sodium	5547mg	231%
Total Carbohydrates	21g	7%
Dietary Fiber	7g	27%
Protein	219g	
Vitamin A		335%
Vitamin C		167%
Calcium		311%
Iron		72%

* Percent Daily Values are based on a 2000 calorie diet.

- 1 2/3 c unflavored isolate protein powder (0 carb)
- 1/2 tsp salt
- 1/3 tsp baking soda
- 1 tsp xanthan gum
- 2 1/2 tps baking powder
- 1/4 c olive oil
- 1/4 c melted butter
- 2 drop liquid sucralose (or stevia), optional
- 4 eggs
- 12 ozs cream cheese, softened
- 1/4 c heavy whipping cream (or half and half)
- 1/4 tsp cream of tartar

Low Carb Bacon Cheddar Soul Bread

1 net carb per serving for 16 servings.



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Photo by Joan Snyder



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DIRECTIONS

Preheat oven to 325 F. Prepare a bread pan (9" x 5") or molds.

Soften cream cheese. (45 seconds to 1 minute in a microwave works well.) Melt butter and add to cream cheese. Add in olive oil, heavy whipping cream (or half and half) and eggs. Blend well using a stick blender or hand mixer.

Add baking powder and xanthan gum to an empty salt shaker and shake over the liquid mixture. Mix well after each shake to avoid lumps.

Add sharp cheddar, onion powder, dried thyme and bacon bits.

Add protein powder, baking soda, salt and cream of tartar to a flour sifter. Sift over the wet ingredients. Stir by hand just until mixed. (Do not use a mixer or blender.) Do not over stir or the bread will become dense.

Pour into a greased pan or silicone mold and bake at 325 F for 45 to 55 minutes, or until golden brown and a knife comes out clean. Top with extra cheese and broil until bubbly. Once cool, wrap in plastic to store.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts

Amount Per Serving

Calories	4211	Calories from Fat: 2990
		% Daily Values*
Total Fat	332g	511%
Saturated Fat	170g	850%
Cholesterol	1622mg	541%
Sodium	7928mg	330%
Total Carbohydrates	24g	8%
Dietary Fiber	7g	30%
Protein	281g	
Vitamin A		371%
Vitamin C		170%
Calcium		440%
Iron		92%

* Percent Daily Values are based on a 2000 calorie diet.

- 1 2/3 c unflavored isolate protein powder (0 carb)
- 1/2 tsp salt
- 1/3 tsp baking soda
- 1 tsp xanthan gum
- 2 1/2 tsps baking powder
- 1/4 c olive oil
- 1/4 c melted butter
- 2 drop liquid sucralose (or stevia), optional
- 4 eggs
- 12 ozs cream cheese, softened
- 1/4 c heavy whipping cream (or half and half)
- 1/4 tsp cream of tartar
- 1 1/2 c sharp cheddar cheese, shredded
- 1/2 tsp onion powder
- 1/2 tsp dried thyme
- 1/2 c bacon bits

Low Carb Lemon Blueberry Soul Bread

1.2 net carbs per serving for 16 servings.



Recipe by Souls Song from the Facebook group Atkins and LCHF - The Road to Success.

Photo by Joan Snyder



LowCarbeDiem.com

DIRECTIONS

Preheat oven to 325 F. Prepare a bread pan (9" x 5") or molds.

Soften cream cheese. (45 seconds to 1 minute in a microwave works well.) Melt butter and add to cream cheese. Add in olive oil, heavy whipping cream (or half and half) and eggs. Blend well using a stick blender or hand mixer.

Add baking powder and xanthan gum to an empty salt shaker and shake over the liquid mixture. Mix well after each shake to avoid lumps.

Add sucralose, stevia, lemon zest and lemon flavoring. Mix until well blended.

Add protein powder, baking soda, salt and cream of tartar to a flour sifter. Sift over the wet ingredients.

Stir by hand just until mixed. (Do not use a mixer or blender.) Do not over stir or the bread will become dense. Gently fold in blueberries.

Pour into a greased pan or silicone mold and bake at 325 F for 45 minutes, until a knife comes out clean. The bread may be dry on top but adding melted butter helps if you're eating it right away. Once cool, wrap in plastic to store.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts

Amount Per Serving		
Calories	3558	Calories from Fat: 2568
% Daily Values*		
Total Fat	286g	441%
Saturated Fat	146g	730%
Cholesterol	1525mg	508%
Sodium	5571mg	322%
Total Carbohydrates	28g	9%
Dietary Fiber	9g	35%
Protein	221g	
Vitamin A		354%
Vitamin C		171%
Calcium		316%
Iron		73%

* Percent Daily Values are based on a 2000 calorie diet.

- 1 2/3 c unflavored isolate protein powder (0 carb)
- 1/2 tsp salt
- 1/3 tsp baking soda
- 1 tsp xanthan gum
- 2 1/2 tsps baking powder
- 1 c Baking sucralose (or stevia)
- 1/4 c olive oil
- 1/4 c melted butter
- 1/4 tsp liquid sucralose
- zest of 2 lemons
- 1 tsp lemon flavoring
- 1/2 c frozen blueberries
- 4 eggs
- 12 ozs cream cheese, softened
- 1/2 c heavy whipping cream (or half and half)
- 1/4 tsp cream of tartar

Low Carb Pumpkin Pecan Soul Bread

1.6 net carbs per serving for 16 servings.



Recipe by Souls Song from the Facebook group Atkins and LCHF - The Road to Success.

Photo by Joan Snyder



LowCarbeDiem.com

DIRECTIONS

Preheat oven to 325 F. Prepare a bread pan (9" x 5") or molds.

Soften cream cheese. (45 seconds to 1 minute in a microwave works well.) Melt butter and add to cream cheese. Add in olive oil and eggs. Blend well using a stick blender or hand mixer.

Stir in canned pumpkin, pecans, cinnamon, vanilla extract, pumpkin pie spice and stevia.

Add baking powder and xanthan gum to an empty salt shaker and shake over the liquid mixture. Mix well after each shake to avoid lumps.

Add protein powder, baking soda, salt and cream of tartar to a flour sifter. Sift over the wet ingredients. Stir by hand just until mixed. (Do not use a mixer or blender.) Do not over stir or the bread will become dense.

Pour into a greased pan or silicone mold and bake at 325 F for 45 minutes, or until a knife comes out clean. The bread may be dry on top but adding melted butter helps if you're eating it right away. Once cool, wrap in plastic to store.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts

Amount Per Serving		Calories from Fat: 2417
		% Daily Values*
Calories	3459	
Total Fat	271g	417%
Saturated Fat	121g	606%
Cholesterol	1362mg	454%
Sodium	5533mg	231%
Total Carbohydrates	40g	13%
Dietary Fiber	15g	60%
Protein	223g	
Vitamin A		860%
Vitamin C		178%
Calcium		316%
Iron		93%

* Percent Daily Values are based on a 2000 calorie diet.

- 1 2/3 c unflavored isolate protein powder (0 carb)
- 1/2 tsp salt
- 1/3 tsp baking soda
- 1 tsp xanthan gum
- 2 1/2 tsps baking powder
- 1/4 c olive oil
- 1/4 c melted butter
- 2 drop liquid sucralose (or stevia), optional
- 4 eggs
- 12 ozs cream cheese, softened
- 1/4 tsp cream of tartar
- 1/2 c canned pumpkin
- 1 1/2 ozs pecans, chopped, toasted
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 tsp pumpkin pie spice
- 1 c stevia

Low Carb Toasted Onion and Cheddar Soul Bread

1 net carb per serving for 16 servings.



Recipe by Souls Song from the Facebook group Atkins and LCHF - The Road to Success.

Photo by Joan Snyder



LowCarbeDiem.com

DIRECTIONS

Preheat oven to 325 F. Prepare a bread pan (9" x 5") or molds.

Soften cream cheese. (45 seconds to 1 minute in a microwave works well.) Melt butter and add to cream cheese. Add in olive oil, heavy whipping cream (or half and half) and eggs. Blend well using a stick blender or hand mixer.

Add baking powder and xanthan gum to an empty salt shaker and shake over the liquid mixture. Mix well after each shake to avoid lumps.

Add protein powder, baking soda, salt and cream of tartar to a flour sifter. Sift over the wet ingredients. Stir by hand just until mixed. (Do not use a mixer or blender.) Do not over stir or the bread will become dense.

Stir in by hand toasted onion (dice and fry until toasty brown), onion salt, Italian seasoning, garlic powder and cheddar cheese. Save some cheese to sprinkle over the top during the last 10 minutes of baking.

Pour into a greased pan or silicone mold and bake at 325 F for 50 minutes, or until golden brown. The bread may be dry on top but adding melted butter helps if you're eating it right away. Once cool, wrap in plastic to store.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts

Amount Per Serving		
Calories	4027	Calories from Fat: 2877
		% Daily Values*
Total Fat	320g	493%
Saturated Fat	168g	841%
Cholesterol	1622mg	541%
Sodium	7006mg	292%
Total Carbohydrates	25g	8%
Dietary Fiber	8g	32%
Protein	263g	
Vitamin A		371%
Vitamin C		179%
Calcium		436%
Iron		80%

* Percent Daily Values are based on a 2000 calorie diet.

1 2/3 c unflavored isolate protein powder (0 carb)

1/2 tsp salt

1/3 tsp baking soda

1 tsp xanthan gum

2 1/2 tsp baking powder

1/4 c olive oil

1/4 c melted butter

2 drop liquid sucralose (or stevia), optional

4 eggs

12 ozs cream cheese, softened

1/4 c heavy whipping cream (or half and half)

1/4 tsp cream of tartar

1 sm onion, toasted

1/4 tsp onion salt

dash Italian seasoning

pinch garlic powder

1 1/2 c sharp cheddar cheese, grated

Low Carb Cinnamon Pecan Soul Bread

1 net carb per serving for 16 servings.



Recipe by Souls Song from the Facebook group Atkins and LCHF - The Road to Success.

Photo by Joan Snyder



LowCarbeDiem.com

DIRECTIONS

Preheat oven to 325 F. Prepare a bread pan (9" x 5") or molds.

Soften the cream cheese. (45 seconds to 1 minute in a microwave works well.) Melt butter and add it to cream cheese. Add in the olive oil, heavy whipping cream (or half and half), cream of tartar and eggs. Blend well using a stick blender or hand mixer.

Add xanthan gum to an empty salt shaker and shake over the liquid mixture. Mix well after each shake to avoid lumps.

Add protein powder, cinnamon, baking soda, baking powder and salt to a flour sifter. Sift over the wet ingredients. Stir by hand just until mixed. (Do not use a mixer or blender.) ** Do not over-stir or the bread will become dense.

Make the butter pecan mixture: Toast chopped pecans. Mix with 1 1/2 tbsp butter, 1 tbsp of sugar equivalent sweetener, 1/2 tsp cinnamon, and 2 to 3 tsp sugar twin brown (optional).

Pour 2/3 bread batter into a greased pan, add butter pecan mixture, top with remaining batter. Create zig zags each way with a knife through the batter.

Bake at 325 F for 45 to 55 minutes, turning half way through baking. The bread may be dry on top, but adding melted butter helps if you're eating it right away. Once cool, wrap in plastic to store.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts

Amount Per TOTAL Recipe

Amount Per TOTAL Recipe		Calories from Fat: 2850
Calories 3856		% Daily Values*
Total Fat	320g	492%
Saturated Fat	146g	730%
Cholesterol	1490mg	497%
Sodium	5725mg	239%
Total Carbohydrates	30g	10%
Dietary Fiber	14g	57%
Protein	224g	
Vitamin A		350%
Vitamin C		171%
Calcium		318%
Iron		86%

* Percent Daily Values are based on a 2000 calorie diet.

1 2/3 c unflavored isolate protein powder (0 carb)

1 tsp cinnamon

1/2 tsp salt

1/3 tsp baking soda

1 tsp xanthan gum

2 1/2 tps baking powder

1 c sugar equivalent preferred sweetener

1/4 c olive oil

1/4 c melted butter

4 eggs

12 ozs cream cheese, softened

1/4 c heavy whipping cream (or half and half)

1/4 tsp cream of tartar

-- BUTTER PECAN FILLING --

2 ozs pecans, toasted, chopped

1 1/2 tbsps butter

1/2 tsp cinnamon

1 tbsp sugar equivalent preferred sweetener

Low Carb Egnog Cinnamon Swirl Soul Bread

.9 net carbs per slice for 16 slices.



Recipe by Souls Song from the Facebook group Atkins and LCHF - The Road to Success.

Photo by Joan Snyder Miller



LowCarbeDiem.com

DIRECTIONS

Preheat oven to 325 F. Prepare a bread pan (9" x 5") or molds.

Soften cream cheese. (45 seconds to 1 minute in a microwave works well.) Melt butter and add to cream cheese. Add in olive oil, heavy whipping cream (or half and half) and eggs. Blend well using a stick blender or hand mixer.

Add baking powder and xanthan gum to an empty salt shaker and shake over the liquid mixture. Mix well after each shake to avoid lumps. Mix in nutmeg, cinnamon, rum extract and 1 cup sugar replacement (sucralose or Swerve).

Add protein powder, baking soda, salt and cream of tartar to a flour sifter. Sift over the wet ingredients. Stir by hand just until mixed. (Do not use a mixer or blender.) Do not over stir or the bread will become dense.

Make the cinnamon swirl mixture: Mix together 1 1/2 tbs butter, 1/2 tsp cinnamon and 2 tbs Swerve or equivalent.

Pour 2/3 bread batter into a greased pan, drizzle cinnamon mixture on top. Add the remaining batter. Create zig zags each way with a knife through the batter.

Bake at 325 F for 45 minutes, or until a knife comes out clean. The bread may be dry on top but adding melted butter helps if you're eating it right away. Once cool, wrap in plastic to store.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts

Amount Per TOTAL Recipe

Calories 3487 **Calories from Fat:** 2528

% Daily Values*

Total Fat	282g	433%
Saturated Fat	143g	716%
Cholesterol	1490mg	497%
Sodium	5724mg	238%
Total Carbohydrates	21g	7%
Dietary Fiber	8g	33%
Protein	220g	
Vitamin A		349%
Vitamin C		168%
Calcium		315%
Iron		77%

* Percent Daily Values are based on a 2000 calorie diet.

- 1 2/3 c unflavored isolate protein powder (0 carb)
- 1/2 tsp salt
- 1/3 tsp baking soda
- 1 tsp xanthan gum
- 2 1/2 tps baking powder
- 1/4 c olive oil
- 1/4 c melted butter
- 4 eggs
- 12 ozs cream cheese, softened
- 1/4 c heavy whipping cream (or half and half)
- 1/4 tsp cream of tartar
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon
- 1 tsp rum extract
- 1 c equivalent sugar replacement (sucralose)
- CINNAMON SWIRL --
- 1 1/2 tbsps butter, melted
- 1/2 tsp cinnamon
- 2 tbsps Swerve (or equivalent)

Pat's Rosemary Garlic Soul Bread

1 net carb per slice for 16 slices.



Recipe by Souls Song from the Facebook group Atkins and LCHF - The Road to Success.

Photo by Joan Snyder



LowCarbDiem.com

DIRECTIONS

Preheat oven to 350 F. Prepare a bread pan (9" x 5") or molds.

Soften cream cheese. (45 seconds to 1 minute in a microwave works well.) Melt butter and add to cream cheese. Add in olive oil, heavy whipping cream (or half and half) and eggs. Blend well using a stick blender or hand mixer.

Add baking powder and xanthan gum to an empty salt shaker and shake over the liquid mixture. Mix well after each shake to avoid lumps.

Add dried rosemary and garlic powder to the batter.

Add protein powder, baking soda, salt and cream of tartar to a flour sifter. Sift over the wet ingredients. Stir by hand just until mixed. (Do not use a mixer or blender.) Do not over stir or the bread will become dense.

Pour into a greased pan or silicone mold and bake at 350 F for 45 minutes, or until golden brown.

Once baked, top with freshly grated Parmesan cheese and place under a broiler until melted. When cool, wrap in plastic to store.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts

Amount Per Serving		
Calories	3385	Calories from Fat: 2408
% Daily Values*		
Total Fat	269g	414%
Saturated Fat	122g	610%
Cholesterol	1382mg	461%
Sodium	5318mg	222%
Total Carbohydrates	26g	9%
Dietary Fiber	10g	38%
Protein	220g	
Vitamin A		322%
Vitamin C		175%
Calcium		319%
Iron		84%

* Percent Daily Values are based on a 2000 calorie diet.

- 1 2/3 c unflavored isolate protein powder (0 carb)
- 1/2 tsp salt
- 1/3 tsp baking soda
- 1 tsp xanthan gum
- 2 1/2 tps baking powder
- 6 tbsps olive oil
- 2 tbsps melted butter
- 2 drop liquid sucralose (or stevia), optional
- 4 eggs
- 12 ozs cream cheese, softened
- 1/4 c heavy whipping cream (or half and half)
- 1/4 tsp cream of tartar
- 2 tbsps dried rosemary
- 1 1/2 tps garlic powder