

Soul Bread

A close-up photograph of two slices of soul bread resting on a light-colored wooden cutting board. The cutting board is placed on a rustic wooden surface. The slice in the foreground is a thick, golden-brown slice with a slightly textured, uneven top surface. The slice behind it is a thinner, lighter-colored slice with a more uniform, porous texture. A dark-handled knife is partially visible in the bottom right corner of the frame.

Recipes



Original Low Carb Soul Bread

Source: created by Gloria Koch (aka Souls Song)

Servings: 16 Slices – 1 net carb per slice; 200 cal.

Prep Time: 1 hour 30 mins

Cook Time: 45 mins

Ingredients

- 1 1/2 cups or 12 oz cream cheese
- 1/4 cup unsalted butter melted
- 1/4 cup of olive oil
- 1/4 cup of heavy whipping cream
- 1 tsp of [sugar equivalent sweetener](#)
- 4 eggs at room temp
- 1/4 tsp of cream of tartar
- 1 tsp [xanthan gum](#)
- 1 2/3 cups [Unflavored Whey Protein Isolate Powder](#)
- 1/4-1/2 tsp salt
- 2 1/2 tsp of baking powder
- 1/2 tsp baking soda

Directions

- Soften cream cheese and butter in the microwave 45-60 seconds until butter melts and cheese stirs smooth. Check and stir at 45 seconds.
- Add oil, cream, sweetener and stir until combined.
- With electric mixer beat eggs add cream of tartar until frothy. Add to cheese mixture and continue mixing.
- In a separate bowl, sift, or whisk together unflavored whey protein, isolate powder, xanthan gum, baking powder, salt, baking soda.
- Gently stir and fold in dry ingredients just until it's wet.

very important!

DO NOT OVER BEAT

- Then pour into the parchment lined, or greased 9x5" (or equivalent volume) loaf pan. Bake at 325' for about 45-50 min, until a knife or pick comes out clean, and the crust is golden.



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Sweetener Conversion Chart

Sweetness conversions are approximate.
Measurements are in US cups • TBSP = tablespoons • tsp = teaspoons

THM Erythritol & THM Xylitol - Measure cup for cup like sugar.

THM (Super) Sweet Blend - Twice as sweet as most other Stevia blends (like Truvia). It is 4 to 5 times as sweet as sugar.

THM Gentle Sweet - Half as sweet as THM Sweet Blend.

THM Pure Stevia Extract Powder - 1 doonk (1/32 tsp) is equivalent to 1 teaspoon THM Sweet Blend.

Sugar <i>THM Erythritol & THM Xylitol</i>	<i>THM (Super) Sweet Blend</i>	<i>THM Gentle Sweet</i>	Truvia and Most Other Stevia Blends	<i>THM Pure Stevia Extract Powder</i> (1 doonk = 1/32 tsp)
5 tps	1 tsp	2 tsp	2 tsp	1 doonk
1/4 cup	2 tsp	1 TBSP + 1 tsp	1 TBSP + 1 tsp	2 doonks
1/3 cup	1 TBSP	2 TBSP (or 1/8 cup)	2 TBSP (or 1/8 cup)	3 doonks
1/2 cup	1 TBSP + 2 tsp	3 TBSP + 1 tsp	3 TBSP + 1 tsp	5 doonks
1 cup	3 TBSP	6 TBSP	6 TBSP	9 doonks

Homemade Sweet Blend Recipe: 1 cup THM Erythritol + 1 tsp THM Pure Stevia Extract Powder

Homemade version of store-bought Stevia blends (like Truvia): 1 cup THM Erythritol or THM Xylitol + 1/2 tsp THM Pure Stevia Extract





Chocolate Soul Bread

Ingredients

- 1 1/2 cups or 12 oz cream cheese
- 1/4 cup unsalted butter melted
- 1/3 cup of olive oil
- 1/4 cup of heavy whipping cream
- 1/3 cup cocoa powder (spooned in and leveled)
- 1/4 cup sugar free pancake syrup
- 1/4 tsp Sucralose (equivalent to 1 cup of sugar)
- 1 tsp vanilla extract
- 1/3 cup [sugar free chocolate chips](#)
- 4 eggs at room temp
- 1/4 tsp of cream of tartar
- 1/2-1 tsp xanthan gum (my whey had xanthan in it so I used 1/2 tsp)
- 1 2/3 cups [Chocolate Whey Protein Isolate Powder](#) (spooned in, leveled)
- 1/4-1/2 tsp salt
- 2 1/2 tsp of baking powder
- 1/2 tsp baking soda

Directions

- Soften cream cheese in the microwave 45-60 seconds until cheese stirs smooth. Check and stir at 45 seconds.
- In a small pot heat up on med heat cream and butter. Once melted, add cocoa powder, syrup, and whisk together. Remove from heat. It may separate, that's okay.
- With electric mixer beat eggs add cream of tartar until frothy. Add to cheese mixture, chocolate mixture, sweetener, and continue mixing.
- In a separate bowl, sift, or whisk together chocolate whey protein isolate powder, xanthan gum, baking powder, salt, baking soda, and add stir chocolate chips to dry ingredients.
- Gently stir and fold in dry ingredients to wet ingredients, just until it's combined.

very important!

DO NOT OVER BEAT

- Pour batter into the parchment lined, or greased 9x5" (or equivalent volume) loaf pan. Bake at 325' for about 45-50 min, until a knife or pick comes out clean.
- Muffin tins only bake for 16 min filled 2/3.

Notes

Fill your loaf pan to 80%, if you fill it more it could run over. If you still have batter fill an alternate, like a greased muffin pan or small mini loaf pan with the leftover batter. For more moisture, you can add 1 tbsp of gelatin bloomed 5 min in 3 tbsp of cold water to the wet ingredients.

Original Soul Bread recipe by Gloria Koch (aka Souls Song).

Chocolate Soul Bread modified and published by Joan Snyder.



Cinnamon Pecan Soul Bread

Ingredients

- 1 1/2 cups or 12 oz cream cheese
- 1/4 cup unsalted butter melted
- 1/3 cup of olive oil
- 1/4 cup of heavy whipping cream
- 1 cup of sugar equivalent sweetener
- 4 eggs at room temp
- 1/4 tsp of cream of tartar
- 1 tsp xanthan gum
- 1 2/3 cups Unflavored Whey Protein Isolate Powder
- 1 tsp cinnamon
- 1/4-1/2 tsp salt
- 2 1/2 tsp of baking powder
- 1/2 tsp baking soda
- 1/3 cup chopped pecans

Cinnamon Swirl

- 1/2 tsp cinnamon
- 1 1/2 tbsp butter melted
- 1 tbsp sugar equivalent sweetener



Directions

- Soften cream cheese and butter in the microwave 45-60 seconds until butter melts and cheese stirs smooth. Check and stir at 45 seconds.
- Add oil, cream, sweeteners and stir until combined.
- With electric mixer beat eggs add cream of tartar until frothy. Add cheese mixture and continue mixing until well blended.
- In a separate bowl, sift, or whisk together unflavored whey protein isolate powder, xanthan gum, cinnamon, baking powder, salt, baking soda, and stir in pecans in with the dry.
- Gently stir and fold in dry ingredients just until it's wet.

very important!

DO NOT OVER BEAT

- Then pour into the parchment lined, or greased 9x5" (or equivalent volume) loaf pan. Bake at 325' for about 45-50 min, until a knife or pick comes out clean, and the crust is golden.
- To add cinnamon swirl add half of the batter, dot the sweetened cinnamon butter across batter, add remaining batter, zigzag a knife through batter to swirl cinnamon.

Notes

Original Soul Bread recipe by Gloria Koch (aka Souls Song).

Cinnamon Pecan Soul Bread modified and published by Joan Snyder.





Coconut Rum Soul Bread

Ingredients

- 1 1/2 cups or 12 oz cream cheese
- 1/4 cup unsalted butter melted
- 1/4 cup of olive oil
- 1/4 cup of heavy whipping cream
- 1/4 tsp Sucralose (1 cup of sugar equivalent sweetener)
- 1/4 cup toasted coconut
- 1 tsp rum flavoring
- 1 tsp vanilla
- 4 eggs at room temp
- 1/4 tsp of cream of tartar
- 1 tsp xanthan gum
- 1 2/3 cups Unflavored Whey Protein Isolate Powder
- 1/4-1/2 tsp salt
- 2 1/2 tsp of baking powder
- 1/2 tsp baking soda
- 1/2 tsp cinnamon

Directions

- Soften cream cheese and butter in the microwave 45-60 seconds until butter melts and cheese stirs smooth. Check and stir at 45 seconds.
- Add oil, cream, sweetener, flavor extracts and stir until combined.
- With electric mixer beat eggs add cream of tartar until frothy. Add coconut, and cheese mixture and continue mixing. Very slowly sprinkle xanthan gum while mixer is on med speed. Continue to mix on med/high speed until it starts to thicken.
- In a separate bowl, sift, or whisk together unflavored whey protein isolate powder, baking powder, salt, baking soda, and cinnamon.
- Gently stir and fold in the dry ingredients just until it's wet.

very important!

DO NOT OVER BEAT

- Then pour into the parchment lined, or greased 9x5" (or equivalent volume) loaf pan. Bake at 325' for about 45-50 min, until a knife or pick comes out clean, and the crust is golden.

Notes

Brown the butter for a nuttier flavor.

Original Soul Bread recipe by Gloria Koch (aka Souls Song).

Coconut Rum Soul Bread modified and published by Joan Snyder.





Lemon Almond Soul Bread

Ingredients

- 1 1/2 cups or 12 oz cream cheese
- 1/4 cup unsalted butter melted
- 1/4 cup of olive oil
- 1/4 cup of heavy whipping cream
- 1/4-1/2 tsp Sucralose (1 cup of sugar equivalent sweetener)
- 1 tsp pure lemon extract
- 1 tsp pure almond extract
- 1 package of sugar free lemon Jello
- 3 tbsp cold water
- 4 eggs at room temp
- 1/4 tsp of cream of tartar
- 1 tsp xanthan gum
- 1 2/3 cups Unflavored Whey Protein Isolate Powder
- 1/4 tsp salt
- 2 1/2 tsp of baking powder
- 1/2 tsp baking soda
- 2 tbsp lemon zest (zest of 2 lemons)



Directions

- Soften cream cheese and butter in the microwave 45-60 seconds until butter melts and cheese stirs smooth. Check and stir at 45 seconds.
- Add oil, cream, sweetener and stir until combined.
- Bloom SF Jello in 3 tbsp cold water for 5 minutes.
- With electric mixer beat eggs add cream of tartar until frothy. Add cheese mixture, bloomed Jello, and continue mixing until well blended.
- In a separate bowl, sift, or whisk together unflavored whey protein isolate powder, xanthan gum, lemon zest, baking powder, salt, baking soda, in with the dry.
- Gently stir and fold in dry ingredients just until it's wet.

very important!

DO NOT OVER BEAT

- Then pour into the parchment lined, or greased 9x5" (or equivalent volume) loaf pan. Bake at 325' for about 45-55 min, until a knife or pick comes out clean, and the crust is golden.

Notes

Original Soul Bread recipe by Gloria Koch (aka Souls Song).

Lemon Almond Soul Bread modified and published by Joan Snyder.





Onion Cheddar Soul Bread

Ingredients

- 1 1/2 cups or 12 oz cream cheese
- 1/4 cup unsalted butter melted
- 1/4 cup of olive oil
- 1/4 cup of heavy whipping cream
- 1 tsp of sugar equivalent sweetener
- 1 cup of grated sharp or aged cheddar
- 1/2 of a large onion (3 oz raw) sliced and fried until caramelized
- 4 eggs at room temp
- 1/4 tsp of cream of tartar
- 1 tsp xanthan gum
- 1 2/3 cups Unflavored Whey Protein Isolate Powder
- 1/4 tsp salt
- 2 1/2 tsp of baking powder
- 1/2 tsp baking soda

Directions

- Soften cream cheese and butter in the microwave 45-60 seconds until butter melts and cheese stirs smooth. Check and stir at 45 seconds.
- Add oil, cream, sweetener and stir until combined.
- With electric mixer beat eggs add cream of tartar until frothy. Add cheese mixture and beat again.
- Add shredded cheese, and cooled caramelized onions to wet ingredients and mix in well.
- In a separate bowl, sift, or whisk together unflavored whey protein isolate powder, xanthan gum, baking powder, salt, baking soda.
- Gently stir and fold in dry ingredients just until it's wet.

very important!

DO NOT OVER BEAT

- Then pour into the parchment lined, or greased 9x5" (or equivalent volume) loaf pan. Bake at 325' for about 45-55 min, until a knife or pick comes out clean, and the crust is golden.

Notes

To caramelized onions add about a tbsp of oil and butter in a pan, sauté until a dark golden brown. You can (optional) add a pinch of onion powder, and garlic powder for more flavor. A 12 x 4.5" pan also works well.

Original Soul Bread recipe by Gloria Koch (aka Souls Song).

Onion Cheddar Soul Bread modified and published by Joan Snyder.





Seedy Soul Bread

Ingredients

- 1 1/2 cups or 12 oz cream cheese
 - 1/4 cup unsalted butter melted
 - 1/4 -1/3 cup of olive oil
 - 1/4 cup of heavy whipping cream
 - 1 tsp of sugar equivalent sweetener
 - 4 eggs at room temp
 - 1/4 tsp of cream of tartar
 - 1 tsp xanthan gum
 - 1 2/3 cups Unflavored Whey Protein Isolate Powder
 - 1/4 cup sunflower seeds
 - 1/4 cup hemp seeds
 - 1/8 cup flax seeds
 - 1/4-1/2 tsp salt
 - 2 1/2 tsp of baking powder
 - 1/2 tsp baking soda
-
- **Options...** Add 1-2 tablespoon of powdered Brewers yeast or 2 tsp of regular quick rise yeast for flavor only. (This will not help it rise.)

Directions

- Soften cream cheese and butter in the microwave 45-60 seconds until butter melts and cheese stirs smooth. Check and stir at 45 seconds.
- Add oil, cream, sweetener and stir until combined.
- With electric mixer beat eggs add cream of tartar until frothy. Add to cheese mixture and mix well.
- In a separate bowl, sift, or whisk together unflavored whey protein isolate powder, xanthan gum, baking powder, salt, baking soda. Stir in seeds.
- Gently stir and fold in dry ingredients just until it's all wet.

very important!

DO NOT OVER BEAT

- Then pour into the parchment lined, or greased 9x5" (or equivalent volume) loaf pan. Bake at 325' for about 45-50 min, until a knife or pick comes out clean, and the crust is golden.

Notes

Original Soul Bread recipe by Gloria Koch (aka Souls Song).

Seedy Soul Bread modified and published by Joan Snyder.





Banana Nut Zucchini Soul Bread

Ingredients

- 1 1/2 cups or 12 oz cream cheese
- 1/4 cup unsalted butter melted
- 1/4 cup of olive oil
- 1/4 cup of heavy whipping cream
- 1/4 tsp of Sucralose (1 cup of sugar equivalent sweetener)
- 1/2 cup finely shredded zucchini
- 1 tsp of real banana extract
- 1/3 cup chopped walnuts (1.5 oz)
- 1/8 cup flaxseed meal
- 4 eggs at room temp
- 1/4 tsp of cream of tartar
- 1 tsp xanthan gum
- 1 2/3 cups Unflavored Whey Protein Isolate Powder
- 1/4-1/2 tsp salt
- 2 1/2 tsp of baking powder
- 1/2 tsp baking soda

Directions

- Soften cream cheese and butter in the microwave 45-60 seconds until butter melts and cheese stirs smooth. Check and stir at 45 seconds.
- Add oil, cream, sweetener, banana extract, and stir until combined.
- With electric mixer beat eggs add cream of tartar until frothy. Add to cheese mixture and continue mixing.
- In a separate bowl, sift, or whisk together unflavored whey protein isolate powder, xanthan gum baking powder, salt, baking soda. Add nuts and fax meal, and mix dry ingredients.
- Gently stir and fold in dry ingredients just until it's wet.

very important!

DO NOT OVER BEAT

- Then pour into the parchment lined, or greased 9x5" (or equivalent volume) loaf pan. Bake at 325' for about 45-55 min, until a knife or pick comes out clean, and the crust is golden.

Notes

Due to the wetness of the zucchini, do not rush this. It may take up to 55 min to set through. 1.8 g net carbs per slice.

Original Soul Bread recipe by Gloria Koch (aka Souls Song).

Banana Nut Zucchini Soul Bread modified and published by Joan Snyder.





Chocolate Zucchini Soul Bread

Ingredients

- 1 1/2 cups or 12 oz cream cheese
- 1/4 cup unsalted butter melted
- 1/3 cup of olive oil
- 1/4 cup of heavy whipping cream
- 1/3 cup cocoa powder
- 1/4 cup sugar free pancake syrup
- 1/2 tsp Sucralose (equivalent to 1 cup of sugar)
- 1 tsp chocolate or vanilla extract
- 1/2 cup or 2.5 oz shredded zucchini (measure after water squeezed out)
- 4 eggs at room temp
- 1/4 tsp of cream of tartar
- 1/2-1 tsp xanthan gum (use 1/2 tsp, if your isolate already has xanthan)
- 1 2/3 cup [Chocolate Whey Protein Isolate Powder](#) (spooned in & leveled)
- 1/4 tsp salt
- 2 1/2 tsp of baking powder
- 1/2 tsp baking soda

- **Options...** Add 1 tsp of cherry extract for a chocolate cherry loaf, and 1/2 cup [sugar free chocolate chips](#).

Or 1 tsp of cinnamon, and 1/4 tsp of ground cloves for a spicy loaf.

Directions

- Soften cream cheese in the microwave 45-60 seconds until cheese stirs smooth. Check and stir at 45 seconds.
- In a small pot on med heat cream and butter, syrup add cocoa powder and whisk together. Remove from heat. It may separate, that's okay.
- With electric mixer beat eggs add cream of tartar until frothy. Add cheese mixture, then chocolate mixture, mix well, then add extract(s), zucchini, and mix that in well together.
- In a separate bowl, sift, or whisk together chocolate whey protein isolate powder, xanthan gum, baking powder, salt, baking soda.
- Gently stir and fold dry ingredients into wet ingredients, just until combined.

very important!

DO NOT OVER BEAT

- Then pour into the parchment lined, or greased 9x5" (or equivalent volume) loaf pan. Bake at 325' for about 45-50 min, until a knife or pick comes out clean.
- Muffin tins only bake for 16 min, filled 2/3.

Notes

Fill your loaf pan to 80%, if you fill it more it could run over. If you still have batter fill an alternate like a greased muffin pan or small mini loaf pan with leftover batter. A 12 x 4.5" loaf pan used.

Original Soul Bread recipe by Gloria Koch (aka Souls Song).

Chocolate Zucchini Soul Bread modified and published by Joan Snyder.





Lemon Blueberry Soul Bread

Ingredients

- 1 1/2 cups or 12 oz cream cheese
- 1/4 cup unsalted butter melted
- 1/4 cup of olive oil
- 1/4 cup of heavy whipping cream
- 1/4 tsp Sucralose (1 cup of sugar equivalent sweetener)
- 1 tsp pure lemon extract
- 4 eggs at room temp
- 1/4 tsp of cream of tartar
- 1 tsp xanthan gum
- 1 2/3 cups Unflavored Whey Protein Isolate Powder
- 1/4 tsp salt
- 2 1/2 tsp of baking powder
- 1/2 tsp baking soda
- 2 tbsp lemon zest (zest of 2 lemons)
- 1/2 cup frozen or fresh blueberries (I use small berries, defrosted a bit)

Directions

- Soften cream cheese and butter in the microwave 45-60 seconds until butter melts and cheese stirs smooth. Check and stir at 45 seconds.
- Add oil, cream, sweeteners and stir until combined.
- With electric mixer beat eggs add cream of tartar until frothy. Add cheese mixture and continue mixing until well blended.
- In a separate bowl, sift, or whisk together unflavored whey protein isolate powder, xanthan gum, lemon zest, baking powder, salt, baking soda, then stir in blueberries in with the dry.
- Gently stir and fold in dry ingredients just until it's wet.

very important!

DO NOT OVER BEAT

- Then pour into the parchment lined, or greased 9x5" (or equivalent volume) loaf pan. Bake at 325' for about 45-55 min, until a knife or pick comes out clean, and the crust is golden.

Notes

Add 2 Tbsp of poppy seed for a lemon poppy seed loaf.

Original Soul Bread recipe by Gloria Koch (aka Souls Song).

Lemon Blueberry Soul Bread modified and published by Joan Snyder.





Rhubarb Soul Bread

Ingredients

- 1 1/2 cups or 12 oz cream cheese
- 1/4 cup unsalted butter melted
- 1/4 cup of olive oil
- 1/4 cup of heavy whipping cream
- 1/2 cup of sugar equivalent sweetener
- 1 tbsp of sugar twin brown (optional)
- 1 cup of rhubarb (fresh or frozen) chopped (1/4-1/2" pieces)
- 4 eggs at room temp
- 1/4 tsp of cream of tartar
- 1 tsp xanthan gum
- 1 2/3 cups Vanilla Whey Protein Isolate Powder
- 1/2 tsp cinnamon
- 1/4-1/2 tsp salt
- 2 1/2 tsp of baking powder
- 1/2 tsp baking soda

Directions

- Soften cream cheese and butter in the microwave 45-60 seconds until butter melts and cheese stirs smooth. Check and stir at 45 seconds.
- Add oil, cream, sweeteners and stir until combined.
- With electric mixer beat eggs add cream of tartar until frothy. Add cheese mixture and continue mixing. Stir in rhubarb.
- In a separate bowl, sift or whisk together unflavored whey protein isolate powder, xanthan gum, cinnamon, baking powder, salt and baking soda.
- Gently stir and fold in dry ingredients just until it's wet.

very important!

DO NOT OVER BEAT

- Then pour into the parchment lined, or greased 9x5" (or equivalent volume) loaf pan. Bake at 325' for about 45-50 min, until a knife or pick comes out clean, and the crust is golden.

Notes

If using unflavored WPIP instead of vanilla add 1 tsp of vanilla and change sweetener to 1 cup of sugar equivalent sweetener.

Original Soul Bread recipe by Gloria Koch (aka Souls Song).

Rhubarb Soul Bread modified and published by Joan Snyder.





Soul Bread Coffee Cake

Ingredients

- 1 1/2 cups or 12 oz cream cheese
- 1/4 cup unsalted butter melted
- 1/4 cup of olive oil
- 1/4 cup of heavy whipping cream
- 1/8 tsp Sucralose (double this if using unflavored whey)
- 4 eggs at room temp
- 1/4 tsp of cream of tartar
- 1 tsp xanthan gum
- 1 2/3 cups Vanilla Whey Protein Isolate Powder (or use unflavored whey, just add 1 tsp of vanilla to the wet)
- 1 tsp of cinnamon
- 1/4-1/2 tsp salt
- 2 1/2 tsp of baking powder
- 1/2 tsp baking soda
- 4 tbsp of the wet ingredients
- 1.5 tbsp cinnamon
- 1/3 cup erythritol
- 2 tsp vanilla
- 20 drops Sucralose
- Enough cream to make it pour-able

Directions

- Soften cream cheese and butter in the microwave 45-60 seconds until butter melts and cheese stirs smooth. Check and stir at 45 seconds.
- Add oil, cream, sweetener and stir until combined.
- With electric mixer beat eggs add cream of tartar until frothy. Add to cheese mixture and continue mixing.
- Scoop out 4 Tbsp of liquid and reserve it in a small bowl for the cinnamon swirl. Add to this the 1.5 tbsp of cinnamon, vanilla, sweeteners, and enough cream just to make it pour-able.
- In a separate bowl, sift, or whisk together whey protein isolate powder, xanthan gum, cinnamon, baking powder, salt, baking soda.
- Gently stir and fold in dry ingredients just until it's wet.

very important!

DO NOT OVER BEAT

- Then pour the main batter into a bunt pan. Pour the cinnamon swirl around the top, and then use a spoon to swirl it around a bit.
- Bake at 325° for about 45-50 min, until a knife or pick comes out clean, and the crust is golden

Notes

Original Soul Bread recipe by Gloria Koch (aka Souls Song).

Soul Bread Coffee Cake modified and published by Joan Snyder.





Rosemary Garlic Soul Bread

Ingredients

- 1 1/2 cups or 12 oz cream cheese
- 2 tbsp unsalted butter melted butter
- 6 tbs olive oil
- 1/4 cup of heavy whipping cream
- 1 tsp of sugar equivalent sweetener
- 4 eggs at room temp
- 1/4 tsp of cream of tartar
- 1 tsp xanthan gum
- 2 tbsp dried rosemary
- 1 1/2 tsp garlic powder
- 1 2/3 cups Unflavored Whey Protein Isolate Powder
- 1/4-1/2 tsp salt
- 2 1/2 tsp of baking powder
- 1/2 tsp baking soda



Directions

- Soften cream cheese and butter in the microwave 45-60 seconds until butter melts and cheese stirs smooth. Check and stir at 45 seconds.
- Add oil, cream, sweetener and stir until combined.
- With electric mixer beat eggs add cream of tartar until frothy. Add to cheese mixture and continue mixing.
- In a separate bowl, sift, or whisk together unflavored whey protein isolate powder, xanthan gum, baking powder, salt, baking soda, rosemary, and garlic powder.
- Gently stir and fold in dry ingredients just until it's wet.

very important!

DO NOT OVER BEAT

- Pour batter into the parchment lined, or greased 9x5" (or equivalent volume) loaf pan. Bake at 325' for about 45-50 min, until a knife or pick comes out clean, and the crust is golden.

Notes

Original Soul Bread recipe by Gloria Koch (aka Souls Song).

This modification is by Pat Gunder. Documented by Joan Snyder.





Eggnog Soul Bread

Ingredients

- 1 1/2 cups or 12 oz cream cheese
- 1/4 cup unsalted butter melted
- 1/4 cup of olive oil
- 1/4 cup of heavy whipping cream
- 1/4 -1/2 tsp Sucralose (1 cup of sugar equivalent sweetener)
- 1 tsp rum flavoring
- 4 eggs at room temp
- 1/4 tsp of cream of tartar
- 1 tsp xanthan gum
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 2/3 cups Unflavored Whey Protein Isolate Powder
- 1/4-1/2 tsp salt
- 2 1/2 tsp of baking powder
- 1/2 tsp baking soda

Cinnamon swirl:

- 1 1/2 Tbsp melted butter
- 1/2 tsp cinnamon
- 2 Tbsp swerve

Directions

- Soften cream cheese and butter in the microwave 45-60 seconds until butter melts and cheese stirs smooth. Check and stir at 45 seconds.
- Add oil, cream, rum extract sweeteners and stir until combined.
- With electric mixer beat eggs add cream of tartar until frothy. Add cream cheese mixture and continue mixing until well blended.
- In a separate bowl, sift, or whisk together unflavored whey protein isolate powder, xanthan gum, cinnamon, nutmeg, baking powder, salt, baking soda.
- Gently stir and fold in dry ingredients just until it's wet.

very important!

DO NOT OVER BEAT

- Pour batter into the parchment lined, or greased 9x5" (or equivalent volume) loaf pan. Bake at 325' for about 45-50 min, until a knife or pick comes out clean, and the crust is golden.
- To add cinnamon swirl, add half of the batter, dot the sweetened cinnamon butter across batter, add remaining batter, zigzag a knife through batter to swirl cinnamon mixture.

Notes

Original Soul Bread recipe by Gloria Koch (aka Souls Song).

Cinnamon Pecan Soul Bread modified and published by Joan Snyder.





Bacon Cheddar Soul Bread

Ingredients

- 1 1/2 cups or 12 oz cream cheese
- 1/4 cup unsalted butter melted
- 1/4 cup of olive oil
- 1/4 cup of heavy whipping cream
- 1 tsp of sugar equivalent sweetener
- 1 1/2 cup of grated sharp or aged cheddar (reserve some of this to top the loaf in the last 10 min of baking)
- 1/2 cup chopped bacon
- 1/2 tsp onion powder
- 1/2 tsp dried thyme
- 4 eggs at room temp
- 1/4 tsp of cream of tartar
- 1 tsp xanthan gum
- 1 2/3 cups Unflavored Whey Protein Isolate Powder
- 1/4 tsp salt
- 2 1/2 tsp of baking powder
- 1/2 tsp baking soda

Directions

- Soften cream cheese and butter in the microwave 45-60 seconds until

butter melts and cheese stirs smooth. Check and stir at 45 seconds.

- Add oil, cream, sweetener and stir until combined.
- With electric mixer beat eggs add cream of tartar until frothy. Add cream cheese mixture and beat again.
- Add shredded cheese, onion powder, thyme, and bacon bits to wet ingredients and mix in well.
- In a separate bowl, sift, or whisk together unflavored whey protein isolate powder, xanthan gum, baking powder, salt, baking soda.
- Gently stir and fold in dry ingredients just until it's wet.

very important!

DO NOT OVER BEAT

- Pour batter into the parchment lined, or greased 9x5" (or equivalent volume) loaf pan. Bake at 325' for about 45-55 min, until a knife or pick comes out clean, and the crust is golden.

Notes

12 x 4.5" pan works well also.

Original Soul Bread recipe by Gloria Koch (aka Souls Song).

Bacon Cheddar Soul Bread modified and published by Joan Snyder.





Cinnamon Sugar Soul Bagels/Donuts

Makes 9 Servings

Ingredients

- 3/4 cup Unflavored Whey Protein Isolate Powder
- 1/4 cup oat fiber
- 1/4 tsp salt
- 1/8 tsp baking soda
- 1 1/4 tsp baking powder
- 1/2 tsp xanthan
- 1/8 cup coconut oil
- 1/8 cup melted butter
- 2 eggs plus 1 extra white, separated
- 1/2 cup powdered erythritol
- 4 drops liquid stevia
- 1 tsp vanilla
- 1 tsp cinnamon
- 6 oz cream cheese
- 1/8 cup cream
- 1/4 tsp cream of tartar

Coating

- 2 tbsp melted butter
- 1 tsp cinnamon
- 1/4 granular erythritol



Directions

- Mix dry ingredients as directed in original recipe. Wet ingredients: Beat 3 egg whites with cream of tartar until stiff peaks form. Set aside.
- Mix remaining wet in bowl. Slowly fold in dry ingredients, followed by folding in whites.
- Spoon into donut mold, about 2 tbsp per.
- Bake 25 mins at 325.
- Remove hot donuts from mold and place on cooling rack. Brush lightly with melted butter.
- Immediately dredge in mixture of cinnamon and granular erythritol.

Notes

Whipping the egg whites for a lighter texture made a huge difference!

Original Soul Bread recipe by Gloria Koch (aka Souls Song).

Cinnamon Sugar Soul Bagel/Donut recipe modified & published by Pam Kaplan.



Chocolate Chip Soul Bagels/Donuts

Makes 9 Servings - Less than 3 carbs per serving.

Ingredients

- 3/4 cup Unflavored Whey Protein Isolate Powder
- 1/4 cup oat fiber
- 1/4 tsp salt
- 1/8 tsp baking soda
- 1 1/4 tsp baking powder
- 1/2 tsp xanthan
- 1/8 cup coconut oil
- 1/8 cup melted butter
- 2 eggs plus 1 extra white separated
- 1/2 cup powdered erythritol
- 4 drops liquid stevia
- 1 tsp vanilla
- 6 oz cream cheese
- 1/8 cup heavy cream
- 1/4 tsp cream of tartar
- 1/2 cup SF chocolate chips (Pam uses [Lily's 1 carb per tbsp.](#))

Directions

- Mix dry ingredients as directed in original recipe.
- Wet ingredients: Beat 3 egg whites with cream of tartar until stiff peaks form. Set aside.
- Mix remaining wet in bowl. Slowly fold in dry, followed by folding in whites. Spoon into donut mold - about 2 tbsp per.
- Bake 25 mins at 325.
- Remove hot donuts from mold and place on parchment paper.

"I like these a little browner crisper on the outside, so I put them back in the oven for 7-8 minutes at 325." - Pam

Notes

Try using 3/4 cup erythritol for a sweeter version. However, they are darn good just like this.

Original Soul Bread recipe by Gloria Koch (aka Souls Song).

Chocolate Chip Soul Bagel/Donut recipe modified & published by Pam Kaplan.





Sesame Onion Soul Bagels

Makes 9 Servings - Less than 2 carbs per serving.

Ingredients

- 3/4 cup Unflavored Whey Protein Isolate Powder
- 1/4 cup oat fiber
- 1/4 tsp salt
- 1/8 tsp baking soda
- 1 1/4 tsp baking powder
- 1/2 tsp xanthan
- 1/8 cup olive oil
- 1/8 cup melted butter
- 2 eggs plus 1 extra white separated
- 2 drop liquid stevia
- 6 oz cream cheese
- 1/8 cup cream
- 1/4 tsp cream of tartar
- 2 tsp minced dehydrated onion toasted
- 1 tbsp sesame seeds
- Olive oil cooking spray

Directions

- Mix dry ingredients as directed in original recipe.
- Wet ingredients: Beat 3 egg whites with cream of tartar until stiff peaks form. Set aside.
- Mix remaining wet in bowl. Add 1 tsp onion to batter. Slowly fold in dry, followed by folding in whites.
- Spoon into donut mold about 2 tbsp per. Sprinkle sesame seeds and onion on top of batter in donut molds.
- Bake 25 mins at 325.
- Remove hot donuts from mold and place on parchment paper.

"I like these a little browner crisper on the outside so I spray with cooking spray and put them back in the oven for 7-8 minutes at 325." - Pam

Notes

I put the bagels into an air tight container sliced. They are delicate after the first day and lightly toasting refreshes them and adds a great crunch. They are deliciously tender!

I sweetened them up a bit, using 3/4 cup powdered erythritol and 4 drops Sucralose or stevia.

When the bagels were 5 mins from done, I popped them out of mold onto baking sheet lined with parchment and put back in oven for 6 mins at 375 (3 mins per side) for a crisper outer crust.

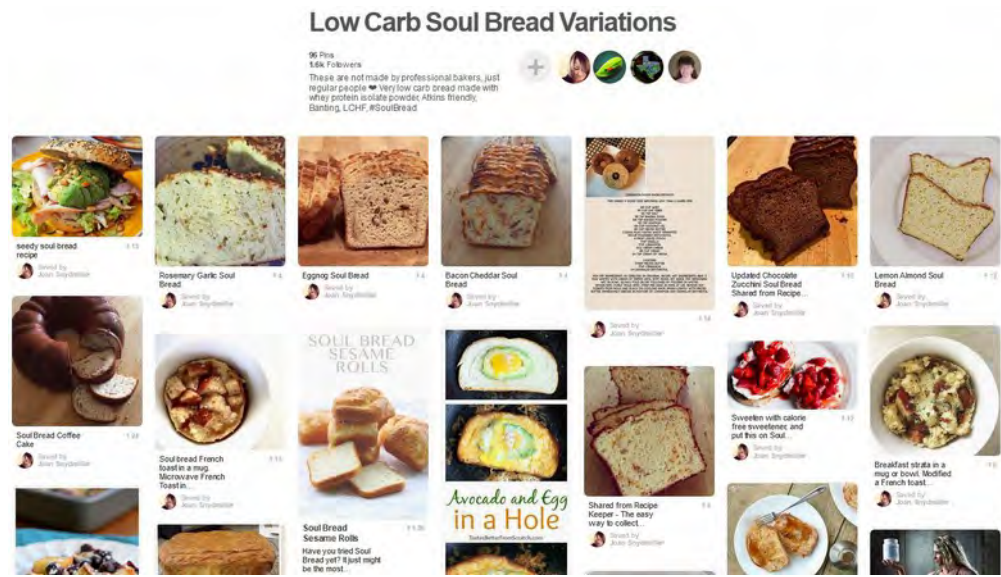
I discovered it's better to slice these in half within first day while fresh, otherwise they get harder and crumble.

Store in a plastic bag or air tight container.

Original Soul Bread recipe by Gloria Koch (aka Souls Song).

Sesame Onion Soul Bagel recipe modified & published by Pam Kaplan.

Soul Bread Resources



Pinterest Board [Soul Bread Variations](#)

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Facebook Page [Low Carb Soul Bread](#)

Published Articles

Low Carbe Diem: [Sweet & Savory Soul Bread Recipes](#)

Low Carb Yum: [Low Carb Soul Bread Review](#)

Cooking Keto with Kristie: [The Holy Grail of Low Carb Bread Video](#)

All Day I Dream About Food: [Soul Bread Sesame Rolls](#)

KetoDiet Blog: [Keto & Primal Soul Bread](#)

Low Carb Support

Facebook Group: [Original Atkins & LCHF - The Road to Success](#)