



## 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.

## Notes

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



## 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

- 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 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
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- **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.





## 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.

## Special Soul Bread Ingredients

These brands are well-tested and produce an optimal loaf of Soul Bread.

### Liquid Sucralose



[EZ-Sweetz liquid sweetener](#) is made of sucralose and has no bitter aftertaste.

### Liquid De-Bittered Stevia



[EZ-Sweetz de-bittered stevia](#) blend has none of the bitterness of typical stevia sweeteners.

### Erythritol Powder



[Now Foods erythritol powder](#) is a natural sweetener. Non-GMO, low glycemic impact and zero calorie.

### ISOPURE Isolate Whey Protein



[Nature's Best Isopure isolate whey protein](#) is available in small, 1 pound sizes (makes just under 4 loaves of Soul Bread) and larger bulk sizes (most economical).

Available in 19 flavored varieties.

### Hoosier Hill Farm Whey Protein



[Hoosier Hill Farm Whey protein powder](#) requires less sifting, tastes great and tested well for all the loaves. No fillers or preservatives.

### Kiva All Natural Xanthan Gum



[Kiva all-natural xanthan gum](#) is non-GMO, vegan and gluten-free. Kiva's twin pack costs less than a single of the other brands.

# Soul Bread Baking Accessories

## Classic Bread Pan



Farberware's [9 x 5 inch non-stick bread loaf pan](#) is inexpensive but sturdy, and bakes Soul Bread evenly.

## Mini Soul Loaves



[Freshware's silicone six-loaf bread mold](#) is perfect for mini Soul Breads. Wrap and store individual 2-carb loaves of your favorite.

## English Muffin & Bun Silicone Mold



[Freshware's bun molds](#) complete your low carb burger like never before. Make perfect Soul Bread buns with flat bottoms and rounded tops.

## Non-Stick Muffin Top Pan



[Chicago Metallic's non-stick muffin pan](#) is made of carbon steel, dishwasher safe, has superior heat conduction and a 25 year warranty.

## Wilton's Donut Pan



[Wilton's nonstick steel donut pan](#) makes perfect Soul Bread donuts and bagels.

## Soul Bread Ingredients Board

Deals on ingredients updated daily. [Visit the board...](#)





# Soul Bread Q & A

Recipe creator, Souls Song (aka Gloria Koch) answers the most-asked questions about Soul Bread.

## What are the best (tested and proven) brands of unflavored whey protein isolate?

[NOW](#), [Isopure](#), [Hoosier Hill Farm](#), Advanced Gold Standard, Georgia's Protein for Balance and Canadian Protein.

The most important thing is finding an **isolate** type protein powder – *not the concentrate type*.

## Can I use other types of protein powders to make the Soul Bread?

Any powder you use will change the texture and taste of course, but [egg white protein](#) and [pea protein powders](#) have been tested and used successfully.

## What does xanthan gum do for the bread?

[Xanthan gum](#) replaces the gluten found in flour, giving Soul Bread a more bread-like texture.

## Will other gums work besides xanthan gum?

Yes! You may substitute [guar gum](#) or [glucomannan powder](#) instead.

## Is there a substitute for using eggs in the recipe?

Yes! Adding 1/4 cup more olive oil, another 2 tablespoons heavy whipping cream and 1 more teaspoon of [xanthan gum](#) works as an egg substitute.

## Is there a substitute for using olive oil in the recipe?

Yes! Use 1/4 to 1/3 cup of melted [coconut oil](#) or [avocado oil](#) in place of the olive oil.

## What if my bread ends up dry?

Add 2 more tablespoons of olive oil to the recipe next time. Be sure not to over-bake.

## How do I keep the sweet varieties of Soul Bread from having a bitter aftertaste?

Recipe creator, Souls Song recommends liquid sucralose, erythritol and (rarely) xylitol (keep away from pets). [De-bittered stevia](#) is also available from EZ-Sweetz.

"I avoid any aftertaste by powdering my own [erythritol](#). For each cup of sugar equivalent, I use 1 1/4 cup powdered erythritol and add a few drops of liquid sucralose to taste (Erythritol is only 70% as sweet as sugar.), plus an extra pinch of salt."

## Why didn't my loaf rise very high?

Over-stirring the bread batter after adding the protein powder will prevent maximum rise, resulting in a heavier texture.

Check your protein powder to make *sure* it's isolate. The concentrate types will not rise to your expectations.

## My bread isn't cooked all the way through, but the outside is done. What can I do?

Wrap a piece of aluminum foil over the top to keep the bread from burning. Allow the inside to bake a little longer, until a knife or pick comes out clean.

## What can I do if there's a hole in the center of my bread?

Cavities form when air gets trapped in the batter and expands from the heat while baking. Tapping your pan on the counter gets rid of air bubbles before baking and helps keep holes from forming.

## How do I store Soul Bread?

Soul Bread stays fresh a few days on the counter, or up to a week in the fridge. You may also wrap individual slices separately and freeze. Soul Bread thaws very well.

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