

THE Bread

***OKAY! Here it is! Easy to throw together!
Great texture, Rise, Crust AND Flavor!***

***Bonus! Prebiotic Fiber and Collagen
One slice has 7 grams Protein ~ 7.5 grams Fat
& Only 1 gram Carbohydrate***

In a medium microwave safe bowl combine:

- 2 ½ cups **Mozzarella Cheese** *shredded*
- 2 oz *full fat* **Cream Cheese**

*Microwave on High for one +/- minute until melted
Stir vigorously*

In a large mixing bowl combine:

- 1 ½ cups **Almond Flour**
- 1 TBL **Baking Powder**
- 1 TBL **Collagen Powder**
- 1 TBL **Inulin Powder**
- 1 tsp **Xanthan Gum**
- ½ tsp **Himalayan Pink Salt**
- ½ tsp **White Pepper**

Add melted Mozzarella & Cream Cheese.

Beat in:

- 4 **Eggs**

Preheat oven 350°

The paddle attachment works well on a stand mixer or lots of elbow grease! Dough will be thick and sticky.

Grease a bread pan, I use lard. *Optional*, but tasty, sprinkle pan with fine, grated parmesan cheese.

Turn dough into prepared pan. Sprinkle top with more parmesan.

Bake 50-60 minutes. Makes 24 slices.

Enjoy! Excellent grilled cheese!



In Harmony with Human Genetics and Biochemistry

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