



KETO GARLIC BREAD

an easy recipe you can do at home

INGREDIENTS

2 Cups of cheddar cheese
2 cups of finely ground Coconut flour
2 tbsp. cream cheese
1 tbsp garlic powder
Salt
1 large egg
1 tbsp butter, melted
1 garlic powder
1 tbsp freshly Basil or parsley
1 tbsp. freshly grated Parmesan

DIRECTIONS

Preheat oven to 180°C and line a large baking tray with baking paper.
In a medium, microwave-safe bowl, add cheddar cheese, place in the microwave for 1 minute until completely melted. Add almond or coconut flour, cream cheese and one egg to the bowl and mix very well. Shape dough into a 1.5cm-thick oval on baking tray
In a small bowl, mix melted butter with garlic, parsley or basil, and Parmesan. Brush mixture over top of bread.
Bake until golden, 15 to 17 minutes.