

- Prep Time: 10 minutes
  - Cook Time: 25-30 minutes
  - Total Time: 35-40 minutes
  - Yield: 1 loaf (approximately 10 slices)
  - Difficulty: Easy
  - Cuisine: Keto / Low-Carb / Gluten-Free
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## Ingredients

### Dry Ingredients

- 1 ½ cups (150g) almond flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- ¼ teaspoon garlic powder (optional)
- ¼ teaspoon onion powder (optional)

### Wet Ingredients

- 3 large eggs
- ¼ cup (60ml) melted butter or coconut oil

- 2 tablespoons sour cream or Greek yogurt
- 1 teaspoon apple cider vinegar

## **Cheese & Mix-ins**

- 1 ½ cups (170g) shredded mozzarella cheese
  - ½ cup (50g) shredded cheddar cheese
  - ¼ cup (25g) grated Parmesan cheese
  - Optional: 1 tablespoon fresh chopped herbs (rosemary, thyme, or chives)
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## **Equipment Needed**

- Mixing bowls (large and medium)
- Whisk
- Rubber spatula

- 8×4 inch loaf pan
  - Parchment paper
  - Toothpick for testing
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## Step-by-Step Instructions

### Step 1: Preheat and Prepare (5 minutes)

Preheat your oven to 350°F (175°C). Line an 8×4 inch loaf pan with parchment paper, allowing the paper to hang over the sides for easy removal. Lightly grease the parchment with butter or non-stick spray.

### Step 2: Combine Dry Ingredients (2 minutes)

In a medium mixing bowl, whisk together the almond flour, baking powder, salt, garlic powder, and onion powder until evenly combined. Set aside.

### Step 3: Mix Wet Ingredients (3 minutes)

In a large mixing bowl, whisk the eggs until frothy. Add the melted butter, sour cream, and apple cider vinegar. Whisk until smooth and well incorporated.

### Step 4: Combine Wet and Dry (2 minutes)

Gradually add the dry ingredients to the wet mixture, stirring with a spatula until just combined. The batter will be thick—this is normal. Do not overmix.

## Step 5: Fold in the Cheese (2 minutes)

Gently fold in the mozzarella, cheddar, Parmesan, and optional herbs. Reserve a small handful of cheese for topping. The batter should be thick and chunky with cheese throughout.

## Step 6: Transfer to Pan (1 minute)

Spoon the batter into the prepared loaf pan, spreading it evenly with your spatula. Sprinkle the reserved cheese over the top.

## Step 7: Bake (25-30 minutes)

Bake at 350°F (175°C) for 25-30 minutes, or until the top is golden brown and a toothpick inserted into the center comes out clean. If the top browns too quickly, tent with foil after 20 minutes.

## Step 8: Cool and Serve (10 minutes)

Remove from the oven and let cool in the pan for 10 minutes before transferring to a wire rack. Slice and serve warm.

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## Time and Intensity Guide

| Phase         | Time          | Intensity Level           |
|---------------|---------------|---------------------------|
| Prep & Mixing | 10 minutes    | Low-Medium                |
| Baking        | 25-30 minutes | Passive (oven-controlled) |
| Cooling       | 10 minutes    | Passive                   |
| Total         | 35-40 minutes | Easy                      |

Intensity Notes: This recipe requires minimal active effort. The most demanding step is

folding the cheese into the thick batter—use a sturdy spatula and gentle motions. The baking phase is entirely hands-off, making this recipe ideal for beginners or busy cooks.

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## Nutrition Information (Per Slice)

Based on 10 slices per loaf:

| Nutrient            |  | Amount    |
|---------------------|--|-----------|
| Calories            |  | ~210 kcal |
| Total Fat           |  | ~17g      |
| Saturated Fat       |  | ~8g       |
| Cholesterol         |  | ~85mg     |
| Sodium              |  | ~320mg    |
| Total Carbohydrates |  | ~4g       |
| Dietary Fiber       |  | ~2g       |
| Net Carbs           |  | ~2g       |
| Protein             |  | ~10g      |