

Keto Egg Loaf for Flourless French Toast

Egg Fast Approved

Ingredients:



6 Large Eggs
6 TBSP Melted Butter
4 oz Cream Cheese, softened
2 tsp Baking Powder
1 tsp Vanilla Extract
¼ Cup Sweetener
½ tsp Cinnamon
⅛ tsp Nutmeg
Pinch Salt

Instructions:

Preheat oven to 350°

In a blender, combine all ingredients above and blend until smooth batter. Make sure your cream cheese is softened at room temperature and if not you can put it into the microwave in

15 second increments until softened completely.

Line a bread loaf pan with parchment paper and fill with your batter.

Bake in oven for 20-25 minutes

When removing your egg loaf, you will see your egg loaf start to collapse a little bit as it cools down. Do not panic, this is expected since there is no flour in this recipe. The purpose of this recipe is to allow you to eat french toast during an egg fast as this is an Egg Fast approved recipe which also provides less carbs as well.

Slice your loaf into 8 to 10 slices

In a skillet on medium heat add butter and cook each slice for a few minutes until toasty looking.

Serve as french toast sticks with Keto Approved Syrup

****For non egg fast, add 2 TBSP Coconut Flour to the mix to help your french toast sticks hold up better and be more "bread like". This will add 3 Net Carbs to the total recipe***

Macros:

Servings: 8 Serving Size: 1 Slice

Net Carbs 1 Fiber 0 Total Carbs 1 Protein 3 Fat 14 Calories 147