Pumpkin & Orange Cheese Bread

Hands-on 15 minutes Overall 65-75 minutes

Nutritional values (per serving): Total carbs: 8.6 g, Fiber: 3.1 g, **Net carbs: 5.6 g**, Protein: 10 g, Fat: 28.7 g, Calories: 300 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 12 servings)

Bread:

2 cups almond flour (200g / 7.1 oz)

2 tsp pumpkin pie spice mix (you can make your own)

1/2 tsp cream of tartar

1/4 tsp baking soda

1 tbsp fresh orange zest

1/4 cup butter / virgin coconut oil (55g / 2 oz)

4 large eggs, free-range or organic

1/2 cup Erythritol (non GMO) or other healthy low-carb sweetener from this list (80g / 2.8 oz)

15-20 drops liquid Stevia extract (Cinnamon / Clear)

3/4 cup pumpkin puree, home-made or canned, BPA-free (150g / 5.3 oz)

Cheese topping:

3 cups cream cheese (600g / 1.32 lbs / 21.2 oz)

1 large egg, free-range or organic

juice from 1/2 average orange (45 ml / 1.5 fl oz)

1/4 cup Erythritol, non GMO, or other healthy low-carb sweetener from this list (40g / 1.4 oz)

10-15 drops liquid Stevia extract (Cinnamon / Clear)

1/2 tsp cinnamon or pumpkin pie spice mix (you can make your own)

1/2 cup pumpkin puree, home-made or canned, BPA-free (100g / 3.5 oz)

1 tbsp natural orange extract *or* more orange zest

pinch of salt (I used pink Himalayan)

Make sure you use a kitchen scale *for measuring all the dry ingredients. Using just cups may not be enough to achieve best results, especially in baked goods. Weights per cups and tablespoons may vary depending on the product/ brand or if you make you own ingredients (like flaxmeal from flaxseeds). One loaf makes 10-12 servings depending on the size of each cut. For better portion control, cut the loaf first in half, then in quarters and cut each quarter into 3 equal slices. If you don't want to use the orange juice & orange zest, the net carbs per slice will be reduced to 5.1 grams. Also, instead of almond flour, you can use fine coconut flour (3/4 cup, 90 g / 3.2 oz) + add one more egg + 2 tbsp heavy whipping cream.*

Instructions

1. Preheat the oven to 175 °C/ 300 °F. In a bowl, mix blanched almond flour, cinnamon, ginger, nutmeg, cloves, cream of tartare and baking soda. *Note: you can also use a teaspoon of gluten-free baking powder instead of cream of tartar and baking soda.*
2. In another bowl, whisk the eggs, melted butter, Erythritol and stevia.
3. Transfer the egg mixture into the first bowl with the dry ingredients and process well. Spoon in the pumpkin puree and mix in well. You can either use fresh pumpkin to make your own puree or use canned pumpkin puree. *Note: Make sure you use BPA-free pumpkin puree with no added sugar.*
4. Juice and zest half of an orange and add the peel to the mixture. *Note: You should only use organic oranges when using the peel.*
5. In another bowl, prepare the cheesecake topping by mixing the cream cheese, egg, orange juice, Erythritol and stevia.
6. Add natural unsweetened orange extract, preferably propylene glycol-free.
7. Spoon the bread batter into a baking dish suitable for bread and distribute evenly using a ladle. *Note: You may want to use a silicone loaf pan, as the bread may get stuck in a regular one.*

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8. Add a layer using half of the cheese mixture on top of the bread batter and spread evenly.
9. Mix the remaining cheese mixture with the pumpkin puree and cinnamon.
10. Gently spoon the pumpkin cheese mixture on top and spread evenly. Transfer into the oven with a water bath and bake for 50-60 minutes. Keep an eye on the bread, as it may get burnt on top. *Note: This recipe requires not only low heat but also moisture in the oven. The reason for using a water bath is to prevent the top of the bread from drying. Simply place another tray or a baking dish filled with a cup or two of water into the oven while baking the bread. Depending on the size of your loaf pan, if you have any batter left, use muffin molds for the rest.*
11. When done, open the door of the oven and let the bread slowly cool down. When it reaches room temperature, carefully remove from the baking dish and start serving! Placing the bread in the fridge for a couple of hours or even overnight will make it firm and easier to cut. Enjoy! :-)

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