PRIMAL GUIDE

Carnivore “Bread” Loaf (Egg-Based)

PREP 15 MIN • COOK 50 MIN • YIELD 8 SLICES

INGREDIENTS

- 12 pasture-raised eggs
- ½ cup melted butter or tallow, slightly cooled
- ½ cup raw cream cheese or raw cottage cheese
- 1 tsp salt
- a few drops fresh lemon juice (optional, helps the whites hold)

STEPS

1. Preheat oven to 350°F (175°C). Grease a loaf pan and line it with a parchment sling.
2. Separate 6 of the eggs, putting the whites in a clean bowl.
3. Blend the 6 yolks, the remaining 6 whole eggs, melted butter, cheese and salt until smooth.
4. Whip the 6 whites (with the lemon juice, if using) until stiff peaks form.
5. Gently fold the whites into the blended mix in two additions.
6. Pour into the pan and smooth the top.
7. Bake for 45–50 minutes, until golden on top and the center springs back to a light touch.
8. Cool in the pan for 15 minutes, then lift out and cool completely on a rack before slicing.

Raw dairy: buy only from a clean, trusted source and check the rules where you live (see Primal Guide’s Raw Milk Laws by State guide). Primal Guide isn’t liable for illness from raw dairy.

primalguide.org/carnivore-bread-loaf-egg-based

Not medical advice. Talk with your doctor about your diet.

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