

Cloud Bread



This is a very light, soft, delicate bread that is perfect for dips and charcuterie boards,

Ingredients:

- 4 Eggs, Yolks & Whites Separated Into Two Bowls
- 4 oz Softened Cream Cheese

Beat egg whites until stiff peaks form. Add cream cheese to egg yolks and mix with mixer until well blended. Fold egg whites into yolk mixture until blended. You can add desired seasonings or keep them plain.

Line baking sheet with parchment paper. Drop big spoonfuls of batter onto parchment, leaving space in between. I make mine in a circular shape. They will be flat like pita bread.

Bake in preheated oven at 300 degrees for 25 minutes.

Let cool and store in refrigerator.

Makes 8 Buns

One bun:

Carbs 1g

Protein 4g

Fat 8g

Calories 88