



CLOUD BREAD

TWO INGREDIENT TAKEOVER!

This cloud bread is ZERO CARB and fluffy as can be! Bread without carbs seems impossible, but here it is, and it's actually quite delicious! They're like sandwich rounds, without the "bread" taste! A perfect alternative for sandwiches!



INGREDIENTS

3 eggs
3 Tbsp full fat cream cheese,
room temperature
½ tsp baking powder
(or cream of tartar)

optional:

2-3 tsp sweetener
(honey, stevia, etc.)
¼ tsp salt

PROCEDURE

- Preheat oven to 300°F with trays covered in parchment inside.
- Separate the yolks and whites of your eggs.
- Add cream cheese, sweetener and salt to the egg yolks. Whisk to combine. You don't want any lumps so it's very important that this is room temperature cream cheese!
- Add baking powder to egg whites. Whip up to stiff peaks.
- Softly stir yolk mixture into whites– don't overmix! Just combine until you have a cohesive light yellow mixture.
- Transfer dollops of the mixture onto your preheated pans and flatten out using the back of a spoon to make your bread "rounds."
- Bake for 15–20 minutes in the oven preheated to 300°F.
- Remove from the oven when they're a nice golden brown.
- Allow to cool to the touch before transferring to a large plastic bag. These are best after sitting overnight! If you do not store them in a plastic bag, they will harden up like merengue!

NUTRITION* per piece (yields 12):
31 calories | 0g carbs | 3g fat | 2g protein



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