

Very Low Carb Cloud Bread

Makes: 12 Breads

Ingredients

3 eggs, separated

3 Tablespoons light cream cheese

(Philadelphia or similar)

¼ teaspoon baking powder

Optional: Garlic powder & rosemary



Instructions

Preheat oven to 150 degrees Celsius

Separate the eggs, there must be no yolk in the white.

In one bowl, mix together the egg yolks, cream cheese until smooth.

In the second bowl add ¼ teaspoon of baking powder to the whites and beat the whites on high speed until they are fluffy, form a nice peaks and hold their peaks.

Slowly fold the egg yolk mixture into the egg whites and mix carefully, you don't want to break the fluffiness of the egg whites too much.

Do this as quickly as possible or the mixture may start melting – Spoon the mixture into 12 even rounds on the baking sheet, sprinkle with rosemary & garlic or your favourite spices and put it in the oven.

Bake for 17-20 minutes on the middle rack. Then grill (cook the top) for 1 minute and watch it until they become nice and golden brown. At this point make sure you watch them so they don't burn

Remove from the oven and let cool and enjoy! Store in plastic bag.

Nutrition information:

Each Serving: 1 x round bread

Kcal	27
Sat Fat	0.7g
Net Carbs	0.4g
Protein	1.9g