

Cloud Bread Recipe Gluten-free and Low Carb

Ingredients

4 Eggs

1/2 tsp Cream of Tartar

4 Tbl (2 oz) Light Cream cheese (softened)

pinch Real Salt

1 packet Splenda (optional – don't use for the Keto diet)

Directions

Position two racks in the middle of the oven. Heat to 350.

Prepare two baking sheets with parchment paper and cooking spray or Silpat liners. (They can leave a residue, even on the Silpat, so if you don't like that, you will need to also grease your Silpat)

Separate the egg whites and yolks into two mixing bowls.

Add the cream of tartar to the egg whites and beat stiff with an electric mixer. They should stiffen after 3-5 minutes of beating. Do not over-beat.

Whisk the cream cheese, salt and Splenda if using into the yolks until smooth. Gently fold the yolk mixture into the whites. The batter should be fluffy.

Use a regular-sized ice cream scoop or 1/4 cup measure to spoon the batter onto the baking sheets. (A pretty good way to get the batter out of the cup and onto the baking sheet is with a small plastic spatula. That keeps the mess level down, and you can use the spatula to spread and shape them into discs.)

Place 6 mounds of batter on each sheet so they have room to spread. Bake 20-22 minutes, switching racks halfway through.

Let the bread cool completely before removing from the baking sheets.

Nutrition: Calories: 31, Sugar: 0, Sodium: 44, Fat: 2, Saturated Fat: 0, Carbohydrates: 0.66, Protein: 2, Cholesterol: 57,