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Recipe Image | Notes | Nutrition Label

– 4 + People | Smaller | Normal | Larger

Cloud Bread

One way to eat sandwiches without the carbs! This recipe is a good source of protein and fats.

★★★★★ 4.75 from 8 votes



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PREP TIME	COOK TIME
10 mins	15 mins

MEAL TYPE	CUISINE	SERVINGS	DIETARY
Breakfast, Lunch, Staple	Global	4 People	Vegetarian

INGREDIENTS

- 4 egg
- ½ cup cream cheese (125g)
- 1 tsp baking powder (5g)
- pinch salt

INSTRUCTIONS

1. Heat the oven to 180°C and line an oven tray with baking paper.
2. Separate the egg yolks from the whites, retaining both. Add the cream cheese to the egg yolks and mix until combined.
3. Add the baking powder and salt to the egg whites. Whip until they form stiff peaks.
4. Carefully fold the egg whites into the yolk mixture, ensuring you don't lose too much of the air in the egg whites.
5. Scoop the batter onto the baking paper into serving sizes you desire.
6. Bake for 15 minutes or until golden.
7. Let the cloud bread cool for a few minutes before removing from the paper.

NOTES

Try topping with:

- Avocado and cheese
- Smashed eggs and may
- Ham and cheese, and tomato
- Turkey, cream cheese
- Smoked salmon, cream cheese, and capers
- Chicken, avo, may

NUTRITION (PER SERVE)

Net Carbs: 1.1g | Protein: 8g | Fat: 12.6g | Fiber: 0g

KEYWORD

Bread

Recipe by Defeat Diabetes