

CLOUD BREAD RECIPE

Low Carbs and Keto Friendly



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Ingredients:

- three eggs, separated
- ¼ teaspoon cream of tartar
- ¼ cup mozzarella cheese, shredded
- pinch of salt
- one tablespoon psyllium husk powder
- one tablespoon olive oil or avocado oil

CLOUD BREAD RECIPE

Instructions: (1/3)

Preheat the oven to 300 degrees Fahrenheit. Line a baking sheet with parchment paper.

In a small bowl, combine the egg whites and cream of tartar. Beat with an electric mixer until soft peaks form (about one to two minutes). Set aside.

In another small bowl, combine the cheese and salt. Mix together until well combined; set aside as well.

CLOUD BREAD RECIPE

Instructions: (2/3)

Combine the egg yolks, Psyllium husk powder and olive oil (or avocado oil) in a large bowl. Mix together until well combined.

Add the cheese mixture to the egg yolk mixture and stir with a spatula until blended together.

Fold the whipped egg whites into the cheese/egg yolk batter gently, but until fully combined.

CLOUD BREAD RECIPE

Instructions: (3/3)

Scoop six mounds of batter onto the prepared baking sheet. Make sure to leave enough space in between each mound, as they will spread a bit when baked.

Bake for 20-25 minutes, or until golden brown and firm to the touch. Allow to cool on the baking sheet for a few minutes before transferring to a wire rack. Serve immediately or store in an airtight container for later.