

# Keto Cloud Bread

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## Ingredients

### Ingredients for Plain Cloud Bread

- 3 large eggs
- 1/4 teaspoon cream of tartar
- salt
- 60g cream cheese, softened

### Ingredients for Pizza Cloud Bread

- 1 tablespoons italian seasoning
- 2 tablespoons shredded mozzarella or grated Parmesan
- 2 teaspoon tomato puree

### Ingredients for Everything Bagel Cloud Bread

- 1/8 teaspoon salt
- 1 teaspoon poppy seeds
- 1 teaspoon sesame seeds
- 1 teaspoon minced dried garlic
- 1 teaspoon minced dried onion

## Method

### Method for Plain Cloud Bread

1. Preheat the oven to 150C and line a large baking sheet with greaseproof paper.
2. Separate egg whites from yolks into two medium glass bowls.
3. Add cream of tartar and salt to egg whites, then using a hand mixer, beat until stiff peaks form, 2 to 3 minutes.
4. Add cream cheese to egg yolks, then, using a hand mixer, mix yolks and cream cheese until combined.
5. Gently fold egg yolk mixture into egg whites.
6. Divide mixture into 8 mounds on prepared baking sheet, spacing them about 4" (10cm) apart.
7. Bake until golden, 25 to 30 minutes.
8. Immediately sprinkle each piece of bread with cheese and bake until melted, 2 to 3 minutes more.
9. Let cool slightly.

### Method for Pizza Cloud Bread:

1. Into the egg yolk mixture, add:
  - 1 tablespoon Italian seasoning
  - 2 tbsp shredded mozzarella or grated Parmesan
  - 2 teaspoons tomato puree

## Method for Everything Bagel Cloud Bread:

1. Into the egg yolk mixture, add:
  - 1/8 teaspoon salt
  - 1 teaspoon poppy seeds
  - 1 teaspoon sesame seeds
  - 1 teaspoon minced dried garlic
  - 1 teaspoon minced dried onion.