



CLOUD BREAD^o

SERVES: 3 (2 pieces each) Prep Time: 10 min. Cooking Time: 30 min.

CONTAINER EQUIVALENTS (per serving): ½



- 3** large eggs
- 1 dash** cream of tartar
- 1 dash** sea salt (or Himalayan salt) (to taste; optional)
- ½ cup** reduced-fat (2%) plain Greek yogurt

SPECIAL EQUIPMENT:

Nonstick cooking spray
Parchment paper
Silpat (optional)

1. Heat oven to 300° F.
2. Lightly coat large baking sheet with spray, then cover it with parchment paper. Set aside.
3. Separate egg yolks from egg whites. Place egg whites in a medium bowl. Place egg yolks in a separate medium bowl. Set aside.
4. Add cream of tartar to egg whites. Beat with a mixer on high until stiff peaks form, about 4 minutes. Set aside.
5. Add salt, if desired, and yogurt to egg yolks. Beat with a mixer on medium until blended.
6. Gently fold ½ of egg white mixture into egg yolk mixture. Fold in the remaining egg white mixture until just incorporated, being careful not to overmix.
7. Using a large spoon, transfer a scoop of egg mixture onto prepared baking sheet, gently spreading into a thick pancake shape about 3 inches in diameter. Repeat with remaining batter.
8. Bake for 25 to 30 minutes, or until golden brown and exterior is crispy to the touch. Immediately loosen each cloud bread with a spatula; allow to cool on the baking sheet for 3 minutes, then transfer to a wire rack to cool completely.
9. Serve immediately, or store in an airtight container.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 94 Total Fat: 6 g Saturated Fat: 2 g Cholesterol: 184 mg Sodium: 167 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 2 g Protein: 9 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.