AMERICAN · BREAKFAST

Three-Ingredient Cloud Bread

30 min · plus a few hours resting in a bag · Makes 4 × 3 rounds · 97 kcal a portion

Video 3:56 · Alyssia Sheikh

Vegetarian · Gluten-free ingredients · Nut-free

Eggs and a little cream cheese make a flour-free bread with about 1 g net carbs per three rounds, which also give 5 g protein and are a good source of selenium.

Diet notes: Keto (1 g net carbs a serve).

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Ingredients 6 · MAKES 4 × 3 ROUNDS

- [ ] 3 **eggs**, separated
- [ ] 3 tbsp **full-fat cream cheese**, at room temperature
- [ ] ½ tsp **baking powder** (or cream of tartar)
- [ ] ⅛ tsp **salt**
- [ ] 2–3 tsp **stevia or other sweetener** (optional)
- [ ] **Canola or vegetable oil**: cooking spray, for the trays

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 150 °C with parchment-lined baking trays inside, so the trays are hot when the mixture goes on. 2:15
2. Separate the eggs. Beat the yolks with the softened cream cheese, salt and sweetener (if using) until smooth and free of lumps. 0:50
3. Add the baking powder to the whites and whisk with a hand mixer to stiff peaks — stop as soon as a peak holds its shape. 1:47
4. Gently fold the yolk mixture into the whites until just evenly pale yellow. 2:04
5. Spray the hot trays and spoon the mixture into 12 small rounds. Bake 15–20 minutes until light golden; if your oven runs hot, use 135–140 °C. 2:27
6. Let them cool slightly, then seal in a plastic bag for a few hours or overnight so they turn soft; left open they dry out and go crisp like meringue. 3:03

> **Tip** Keeps about 3 days in the fridge, in a bag. Use them as sandwich bread. The cook stresses full-fat cream cheese; full-fat cottage cheese also works.

The method is a summary in our words — the video shows every step.

One portion (3 rounds) gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
97 kcal 410 kJ	**5.4** g 11% of a day	**1** g 1 g net · 0.8 g sugars 0% of a day	**0** g 0% of a day	**7.9** g 3.3 g saturated 10% of a day	**210** mg 9% of a day

Energy from net carbs 4% · protein 22% · fat 74% — fits keto: 1 g net carbs, 74% of the energy from fat

High in (20%+ of a day) Selenium 23%

Source of (10–19%) Vitamin B12 18% · Vitamin A 10%

Recipe and video: Alyssia Sheikh (@AlyssiaSheikh) on YouTube — youtube.com/watch?v=LDuQlLx_TQ4, published 2 July 2015. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/three-ingredient-cloud-bread