

## Cloud Bread

### Ingredients:

**(Preheat oven to 300 F)**

3 eggs, separated  
3 tbsp. cream cheese  
¼ tsp. cream of tartar  
stevia to taste

### Method:

Separate eggs carefully.

Mix yolks, cream cheese, and stevia.

In another bowl mix cream of tartar and whites and beat until stiff.

Carefully fold yolks into whites but keep fluffy.

Grease cookie sheet with oil or butter and scoop the mixture on to the cookie sheet into about 6 rounds (like buns).

Bake on middle rack for about 20 – 30 minutes or until golden brown.  
Cool and refrigerate in an airtight container.