

## Cloud Bread

By Mary Ann Hastings, [CookingForYourLifestyle.com](http://CookingForYourLifestyle.com)

This “bread” is soft and fluffy; the very reason it is called “cloud bread”. It’s a great substitute for wheat (gluten) bread and has a very low carb content. Because it doesn’t contain gluten for firmness, it cannot replace bread for a regular sandwich or burger. My husband has been successful in making an egg salad sandwich with it, but it is best used for an “open-faced” style of sandwich.

### **Ingredients**

3 large eggs, separated

¼ t. [cream of tartar](#)

2 oz. cream cheese (very soft – preferably at room temperature)

1 T. [white sugar](#)

1/8 t. [salt](#)

### **Directions**

1. Preheat oven to 350°. Line a [baking sheet](#) with [parchment paper](#).
2. Separate eggs into two bowls.
3. Beat sugar into cream cheese, scraping bowl to get cream cheese thoroughly mixed.
4. Add egg yolks to the smooth cream cheese and sugar. Add salt, and mix thoroughly.
5. Beat egg whites and cream of tartar together in a bowl until stiff peaks form.
6. Gently fold a little of the beaten egg whites into the cream cheese and egg yolk mixture to “lighten it” before folding into the beaten larger portion of the egg whites. As the mixtures are folded in, be careful not to deflate the egg whites.
7. Working quickly, gently scoop mixture onto parchment-lined baking sheet to form 6-8 “buns”
8. Bake in pre-heated oven until cloud bread is lightly browned (30 minutes).

**NOTE:** \*Eggs and \*cream cheese (dairy) are not on the AIP. I’ve included this recipes here, though, for the benefit of those who are in the process of rotating foods back into their diets. If this fits where you are on your journey towards healing, just be careful not to overeat these “cloud breads”. I can guarantee doing so will not have “heavenly” results.