



KETO CLOUD BREAD

an easy recipe you can do at home

INGREDIENTS

3 large Egg (whites and yolks separated)
3 oz Mascarpone (softened; can also use cream cheese)
1/8 tsp Cream of tartar (optional)
1/8 tsp Sea salt

DIRECTIONS

Preheat the oven to 180 degrees C
Line a baking sheet with baking paper and grease lightly.
In a large bowl, use an electric mixer to beat the egg whites and cream of tartar until stiff peaks form.
In a second large bowl, use the mixer to beat the mascarpone, egg yolks, and sea salt until smooth.
Carefully and gradually fold the egg whites into the mascarpone mixture with a spatula. Use a folding motion to incorporate, without breaking down the air bubbles in the egg whites.
Scoop the mixture into six circular discs onto the baking paper.
Bake 25-35 minutes, until golden.