CLOUD BREAD (MAKES 6)

- 57g Cream Cheese (Philadelphia)
- 108g Egg (2 x Size 7)
- 1.25g Cream of Tartar (1/4 tsp)
- Sweetener (Natvia 5g or equivalent)

Preheat oven to 150 degrees C, Fan 130 degrees C, Gas 2

Separate eggs into 2 different bowls.
Mix egg yolks with softened cream cheese and sweetener until blended.
Beat egg whites with Cream of Tartar.
Gently fold yolk mixture into egg whites.
Place in 6 circles on greased tray. (approx. ½ inch thick)
Bake for approx 30 minutes until golden.
Allow to cool for a few minutes then remove from tray.

If making a batch, multiply ingredients accordingly.

Each piece of cloud bread: Prt: 3.0g, Fat: 5.0g, Cho: 0.4g, 59 Kcal.
*1.49:1 ketogenic ratio if eaten on its own. If using in a meal with other foods included, enter nutritional values for 1 piece of cloud bread as above, using amount ‘100’ in meal planner. (if using 2 pieces enter ‘200’ etc.

*Optional: Add salt, garlic powder, rosemary etc.
*Baking powder can be used instead of Cream of Tartar if taste is preferred. Eggs and sweetener amount can be adjusted to taste.

If substituting different brands to above or altering any ingredients, meal plan recalculation will be required.

This recipe needs to be adapted to EACH INDIVIDUAL’S prescription. Please take this recipe to your Dietitian and he / she will help you do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION

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