

Cloud Bread No carb

INGREDIENTS:

Nonstick cooking spray or Silpat

3 eggs, separated

$\frac{1}{8}$ teaspoon cream of tartar

3 ounces sour cream

$\frac{1}{8}$ teaspoon salt

DIRECTIONS:

Preheat oven to 300 degrees F. Line a cookie sheet with a silpat OR parchment paper and lightly spray with nonstick spray.

Separate the eggs, making sure no yolk gets into the whites and placing the whites in a clean, non-greasy bowl.

Using a clean, non-greasy electric whisk, whip the egg whites and the cream of tartar until stiff.

In a separate bowl, combine the yolks, sour cream and salt, until smooth.

Using a spatula, carefully fold the egg whites into the sour cream mixture.

Spoon 6 large mounds of the mixture onto the prepared baking sheet. Gently press with a spatula on the top of each mound to flatten just slightly.

Bake 30-40 minutes, until golden-brown.

Cool a couple of minutes on the cookie sheet, then gently transfer to a wire rack to cool completely. Store leftovers in a slightly open Ziploc bag in the fridge for a couple of days.