



# Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

## Cloud Bread

1g NET Carbs (Low Carb Keto)

Absolutely Beautiful Taste and Texture. Cloud bread tastes fluffy and doughy just like your favorite sourdough



**1 Serving** = Serving: 1serving | Calories: 95kcal |  
Carbohydrates: 1g | Protein: 6g | Fat: 8g | Sodium:  
99mg | Potassium: 87mg | Vitamin A: 393IU | Calcium:  
35mg | Iron: 1mg

### INGREDIENTS

4 large Eggs  
4 Tbsp Cream Cheese

1 Tbsp Baking Powders

### Instructions:

1. Separate Yolks and Whites into 2 separate bowls. Do Not get any yolks into the whites.
2. Add Cream cheese to yolks (optional - warm cream cheese to make mixing easier) and Mix together until no lumps from cream cheese is present.
3. Add baking powders to whites and mix until very fluffy.
4. Add yolk mixture to whites and fold mixture together (see video for visual), Do Not use mixer, use spatula and fold contents over and continue until all mixture has the same color texture.
5. Add parchment paper to cookie tray and add 2-3 Spoonfuls of mixture to tray for each cloud bread. Keep spacing between mounds of mixture.
6. Preheat Oven to 300F and bake for 10mins or until tops of bread are golden brown.
7. Let cool and Enjoy!