

Oopsie Bread



Serves 8

Ingredients:

- 3 eggs, separated
- 3 ounces cold cream cheese
- $\frac{1}{8}$ teaspoon cream of tartar

Instructions:

1. Pre-heat oven to 350°F, and line cookie sheet with parchment paper.

2. Beat egg whites and cream of tartar until stiff peaks form.
3. Beat egg yolks and cold cream cheese until semi-smooth.
4. Gently fold egg whites into egg yolk mixture.
5. Mound or pipe mixture onto cookie sheet. Bake 20-30 minutes or until golden brown.

Note:

For a sweeter flavor, add 1 packet low-carb sweetener to egg yolks and cream cheese mixture (step 4).

Nutrition per serving: Calories 66; Total Fat 5.6 g; Saturated Fat 2.7 g; Monounsaturated Fat 1.7 g; Polyunsaturated Fat 0.4 g; Total Carbohydrates 0.7 g; Dietary Fiber 0.0 g; Sugar Alcohols 0.0 g; Sugars 0.6 g; Protein 3.0 g; Sodium 62mg