 **Cloud Bread**

*Serves 6*

**Ingredients**

3 eggs, separated

3 tbsp cottage cheese

¼ tsp cream of tartar

1 tsp honey

**Directions**

1. Separate the eggs. Put the yolks in a medium bowl and the whites in a large mixing bowl.
2. Add the cottage cheese and honey to the egg yolks and whisk.
3. Add the cream of tartar to the whites and mix with an electric mixer. Beat the egg whites until stiff peaks form.
4. Gently fold in egg yolk mixture.
5. Spoon 6 rounds onto prepared baking sheets and bake at 300 degrees for 30 minutes. Allow to cool completely.

**Nutrition**

*46 cals, 2g C, 4g P, 3g F*