



BREAD SUBSTITUTE

INGREDIENTS

3 large eggs
1 dash salt
1 pinch cream of tartar
3 ounces cream cheese

DIRECTIONS

Preheat oven to 300 degrees.

Separate the eggs and add, salt, and cream cheese to the yolks. Use a mixer to combine the ingredients together.

In a separate bowl, whip egg whites and cream of tartar until stiff (if you're using the same mixer, mix the whites first and then the yolk mixture).

Using a spatula, gradually fold the egg yolk mixture into the white mixture, being careful not to break down the whites.

Spray a cookie sheet with non-stick spray or use parchment paper and spoon the mixture onto the sheet, making 6 mounds. Flatten each mound slightly.

Bake about 30 minutes (You want them slightly softer, not crumbly). Let cool on the sheet for a few minutes, and then remove to a rack and allow them to cool. If you want to store them, wrap each individually.