

Cloud Bread + Grilled Cheese

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Yields: 6

Ingredients:

- 3 large eggs, separated room
- $\frac{1}{8}$ teaspoon cream of tartar
- 3 ounces mascarpone or cream cheese or $\frac{1}{3}$ Greek yogurt
- $\frac{1}{4}$ teaspoon of salt
- Pinch of celery salt
- 2 slices of cheddar cheese or choice of slice cheese
- 1 to 2 tablespoon of butter and or mayonnaise

Directions:

1. Preheat the oven to 300 degrees F.
2. Line baking sheets with parchment paper.
3. Separate the egg whites and egg yolks.
4. Place the whites in a stand mixer with a whip attachment.

5. Add the cream of tartar and beat on high until the froth turns into firm meringue peaks. Move to a separate bowl.
6. Place the mascarpone in the empty stand mixing bowl. Beat on high to soften. Then add the egg yolks one at a time to incorporate. Scrape the bowl and beat until the mixture is completely smooth.
7. Gently fold the firm meringue into the yolk mixture.
8. Add scoops to the sheet and smooth as possible.
9. Bake on convection for 15-18 minutes, or in a conventional oven for up to 25 minutes.
10. Once cloud bread is cool to touch, you can toast each bread with butter or mayonnaise.
11. Cook over medium heat.
12. Add cheese slices and add second cloud bread
13. Cook until the cheese is melted.
14. Enjoy!

Nutrition:

Nutrition per serving(only for Cloud Bread):

- 1g Net Carb
 - 0g Fiber
 - 1g Total Carbs
 - 3g Protein
 - 8g Fat
 - 92 Calories
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