

Egg Bread

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Ingredients:

- 3 eggs, separated
- 3 Tbsp. whole milk cottage cheese or 3 Tbsp. cream cheese, softened
- ¼ tsp. cream of tartar
- 1 pkt. stevia

Directions:

- Preheat oven to 300 degrees
- Separate eggs very carefully, there must be no yolk in the white.
- In one bowl, mix together the egg yolks, 3 Tbsp. of cottage cheese or cream cheese and the stevia.
- In another bowl, add ¼ tsp. cream of tartar to the whites and beat the whites on high speed until they are fluffy and form nice peaks.
- Very carefully fold the egg yolk mixture into the egg whites until mixed but try and not break down the fluffiness of the egg whites too much.
- Spray two cookie sheets with coconut oil cooking spray.
- With a large spoon, scoop the mixture into 10 even rounds (about the size of the top half of a hamburger bun; roughly ¾ in. thick and 4-5 inches across)
- Bake on the middle rack. Here is where you have to watch them, because the cooking time is different on any two batches. It is somewhere around ½ hour, but it could be less or more. You just need to watch them become nice and golden brown (again, like a hamburger bun.)
- Remove from the pans and cool on a rack or cutting board.
- While warm they are crumbly and similar to cooked meringue, but don't let this fool you! Once completely cool, seal them in a ziplock storage bag or Tupperware overnight. They will totally change their consistency, to something much more like bread- a softer texture that is nice and chewy. If you do not like softer bread, then eat them as they are, nice and crisp.
- Since the sides that were facing the pan are perfectly flat, you use these to spread things on, or make sandwiches, or even hamburger buns.