

This Cloud Bread Breakfast Sandwich Is the Fluffy, Low-Carb Breakfast I Crave

Say goodbye to heavy carbs and hello to cloud-like perfection. This



OVEN
300°F

TIME
30 min

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

3 large eggs, separated
3 tbsp cream cheese, softened
1 tsp baking powder
Salt, to taste

? Ingredient Tips & Variations:

Make it dairy-free: Use whipped coconut cream cheese or a plant-based spread.

Add flavor: Try a pinch of garlic powder, rosemary, or everything bagel seasoning.

Go sweet: Add cinnamon and a drizzle of honey for a cloud-like breakfast bun.

Stack it up: Add crispy bacon, egg, and avocado for the full sandwich experience.

??? Instructions:

Preheat oven to 300°F (150°C). Line a baking sheet with parchment paper.

Separate eggs into two clean bowls.

Whip egg whites: Use a hand mixer to beat egg whites until stiff peaks form.

Mix the yolk base: In the other bowl, whisk egg yolks, cream cheese, baking powder, and salt until smooth.

Fold gently: Add egg white mixture to the yolk mixture in thirds, folding gently to keep the batter airy.

Spoon and bake: Spoon the batter into 4-6 even mounds on the baking sheet. Flatten slightly into rounds.

Bake for 25-30 minutes until golden, set, and slightly firm to the touch.

Cool & fill: Let cool slightly and serve with your favorite sandwich fillings.

? Tips for Perfect Cloud Bread:

Clean beaters and bowl: Any yolk in the egg whites will prevent stiff peaks.

Don't overmix: Gently fold to avoid deflating the egg whites.

Let them cool: They firm up more as they cool, making sandwich assembly easier.

? What to Add Inside:

Fried or scrambled eggs, crispy bacon, avocado

Turkey sausage and sharp cheddar

Spinach, tomato, and feta

Peanut butter and banana for a sweet option

? What to Serve With It:

Blueberry Lemonade for a citrusy sip

3-Ingredient Chocolate Chip Oatmeal Breakfast

Cookies as a grab-and-go side

No-Bake Monster Cookie Energy Balls for mid-morning fuel

One-Pan Breakfast Bake if you're feeding a crowd

The Viral Cottage Cheese Pancake for a high-protein breakfast feast

? Storage & Make-Ahead Tips:

Fridge: Store in an airtight container for up to 3 days.

DIRECTIONS

1. Preheat oven to 300°F (150°C). Line a baking sheet with parchment paper.
2. Separate eggs into two clean bowls.
3. Whip egg whites: Use a hand mixer to beat egg whites until stiff peaks form.
4. Mix the yolk base: In the other bowl, whisk egg yolks, cream cheese, baking powder, and salt until smooth.
5. Fold gently: Add egg white mixture to the yolk mixture in thirds, folding gently to keep the batter airy.
6. Spoon and bake: Spoon the batter into 4-6 even mounds on the baking sheet. Flatten slightly into rounds.
7. Bake for 25-30 minutes until golden, set, and slightly firm to the touch.
8. Cool & fill: Let cool slightly and serve with your favorite sandwich fillings.
9. ? Tips for Perfect Cloud Bread: Clean beaters and bowl: Any yolk in the egg whites will prevent stiff peaks.
10. Don't overmix: Gently fold to avoid deflating the egg whites.
11. Let them cool: They firm up more as they cool, making sandwich assembly easier.
12. ? What to Add Inside: Here are some dreamy combos for your breakfast sandwich build:
13. Fried or scrambled eggs, crispy bacon, avocado
14. Turkey sausage and sharp cheddar
15. Spinach, tomato, and feta
16. Peanut butter and banana for a sweet option
17. ? What to Serve With It: Pair your cloud bread creation with something fresh, energizing, or sweet:

18. Blueberry : Lemonade for a citrusy sip
19. 3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies as a grab-and-go side
20. No-Bake : Monster Cookie Energy Balls for mid-morning fuel
21. One-: Pan Breakfast Bake if you're feeding a crowd
22. The : Viral Cottage Cheese Pancake for a high-protein breakfast feast
23. ? Storage & Make-Ahead Tips: Fridge: Store in an airtight container for up to 3 days.
24. Reheat: Toast in a skillet or toaster oven to restore fluff and firmness.
25. Freezer: Freeze on a baking sheet, then transfer to a bag. Toast straight from frozen.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/this-cloud-bread-breakfast-sandwich-is-the-fluffy-low-carb-breakfast-i-crave/>