- Prep Time: 10 minutes
- Cook Time: 25–30 minutes
- Total Time: 35–40 minutes
- Yield: 6–8 “clouds” (depending on size)
- Intensity Level: Medium (Requires focus during the whipping and folding stages)
- Equipment: Electric hand mixer (or stand mixer), two large mixing bowls, baking sheet, parchment paper.

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Ingredients

- 3 Large Eggs (Room temperature is crucial. Cold eggs do not whip as well).
- 3 Tablespoons Cream Cheese (Full fat is best. Ensure it is very soft).
- *Optional:* 1/4 teaspoon Cream of Tartar (stabilizes the egg whites), Pinch of Salt, Garlic Powder, or Herbs.

The Method: Step-by-Step

Phase 1: Preparation (Time: 2 Minutes | Intensity: Low)

Preheat your oven to 300°F (150°C) . Line a baking sheet with parchment paper. If you don’t have parchment paper, grease the sheet well, but parchment is highly recommended to prevent sticking.
Crucial Step: Separate the egg whites from the yolks. Place the whites in a large, clean, dry bowl. Place the yolks in a separate small bowl. Be careful: Even a drop of yolk in the whites will prevent them from whipping properly.

Phase 2: The Yolk Mixture (Time: 2 Minutes | Intensity: Low)

In the bowl with the yolks, add the softened cream cheese. Whisk vigorously with a fork or small whisk until the mixture is completely smooth and lump-free. It should look like a thick,

yellow custard. Set this aside.

Phase 3: The Meringue (Time: 3–5 Minutes | Intensity: High)

This is the most critical step.

1. Add the Cream of Tartar (if using) to the egg whites.

2. Using your electric mixer on medium-low speed, begin to beat the whites.

3. Once the whites become frothy (like soap bubbles), increase the speed to high.

4. Beat until you achieve Stiff Peaks. The whites should be glossy, hold their shape completely when you lift the beaters, and not slide out of the bowl if you turn it upside down. This usually takes 3 to 5 minutes. Do not over-beat until they look dry and clumpy.

Phase 4: The Fold (Time: 2 Minutes | Intensity: Medium)

This step determines if your bread rises or deflates.

1. Take about 1/3 of the whipped egg whites and add them to the yolk/cream cheese mixture. Use a spatula to fold them in gently. This “sacrifices” some air to lighten the heavy yolk mixture.

2. Pour the lightened yolk mixture into the bowl with the remaining egg whites.

3. The Folding Technique: Using a spatula, cut down the middle of the mixture, scoop along the bottom, and fold over. Rotate the bowl a quarter turn and repeat. Do not stir. Stirring deflates the air. Continue gently until just combined (no white streaks remain), but do not overmix.

Phase 5: Shaping (Time: 2 Minutes | Intensity: Low)

Spoon the mixture onto the prepared baking sheet. Form 6 to 8 mounds. Use the back of a spoon to gently smooth the tops and shape them into circles about 1/2 inch thick. They will puff up significantly, so leave space between them.

Phase 6: The Bake (Time: 25–30 Minutes | Intensity: Low)

Place the baking sheet in the center of the preheated oven.

- First 20 Minutes: Do not open the oven door. The steam inside is helping them rise.
- Check at 25 Minutes: They should be golden brown on top and feel dry and firm to the touch.
- Troubleshooting: If they are browning too fast, lower the heat to 275°F. If they look pale and wobbly, give them 5 more minutes.

Phase 7: The Cooldown (Time: 10 Minutes | Intensity: Low)

Remove from the oven. Let them cool on the pan for 5 minutes. They will deflate slightly as they cool—this is normal and expected. Transfer to a wire rack to cool completely before storing.

The “Last” of the Recipe: Storage and Shelf Life

Because Cloud Bread contains no preservatives, its shelf life is shorter than commercial bread.

- Countertop: Store in an airtight container for up to 2 days.
- Refrigerator: Store in an airtight container or Ziploc bag for up to 5 days. (Note: Refrigeration can make them slightly chewy; toasting them revives the texture).
- Freezer: This is the best method for long-term storage. Place cooled clouds in a Ziploc bag with parchment between layers. Freeze for up to 1 month. Thaw at room temperature or toast directly from frozen.

Nutrition Information

Note: Nutritional values are estimates based on standard ingredients. Using 3 eggs and 3 tablespoons of cream cheese yields approximately 6 clouds (1 serving = 1 cloud).

- Calories: ~55 kcal
- Total Fat: 4.5g (Saturated Fat: 2g)

- Cholesterol: 95mg
- Sodium: 60mg
- Total Carbohydrates: 0.5g (Dietary Fiber: 0g, Sugars: 0.5g)
- Protein: 3g