

# HIGH-PROTEIN CLOUD BREAD

(MAKES 1 SERVING)

TOTAL TIME: 30 MIN. + 5 MIN. COOLING TIME  
PREP TIME: 5 MIN.  
COOKING TIME: 25 MIN.



**4**  
**2½ tsp.**  
**½ cup**

**Parchment paper**  
**Nonstick cooking spray**  
**egg whites (approx. ½ cup)**  
**cornstarch**  
**freeze-dried raspberries**  
**(or strawberries), crushed**  
**(approx. 22 raspberries)**

1. Preheat oven to 300° F.
2. Line a large baking sheet with parchment paper; lightly coat with spray. Set aside.
3. Add egg whites to a small mixing bowl; beat until stiff peaks form.
4. Add cornstarch slowly, beating constantly. Once fully combined, gently fold in raspberries.
5. Using a spatula, transfer egg mixture onto prepared sheet. Form egg mixture into a circular "cloud" loaf shape. Bake for 20 to 25 minutes, or until golden. Let cool for 5 minutes.
6. Serve immediately, or store in an airtight container for up to 3 days.

## Tips:

- If you want a savory option, omit the raspberries. Instead, fold in 1 Tbsp. tomato paste and ½ tsp. dried basil.
- When separating egg whites, be sure to not get any egg yolk in the whites, as the stiff peaks will not form.
- A handheld mixer is best for this, but if you don't have one, whisk the egg whites by hand. It will just take a little longer and a little elbow grease.
- Freeze-dried fruit will usually be found near baby food or snacks in your grocery store.
- To crush your freeze-dried fruit, place it in a resealable plastic bag on a flat surface, then use a rolling pin to break it into a coarse powder, or use a food processor.
- If you'd like to punch up the color, feel free to add a drop of all-natural food coloring to the egg whites.

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **ND** icon indicate the recipes are not made with dairy ingredients.

Recipes containing the **P** icon are designed to be high in protein. These recipes contain at least 20% of the daily value for protein.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



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