

Cloud Bread

Make viral TikTok cloud bread at home! This fluffy, keto-friendly bread uses just eggs, cream of tartar, and sweetener. Perfect for sandwiches and snacks.

10	30	40	6	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Cloud Bread

Ingredients

- 3 egg
- 3 tbsp cream cheese
- 1 tsp cream of tartar
- 1 tsp salt

Instructions

1 Prepare Equipment

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

2 Separate Eggs

Separate 3 eggs, placing whites in one clean, dry bowl and yolks in another. Ensure no yolk gets into the whites as this will prevent proper whipping.

3 Make Yolk Mixture

Add 3 tablespoons cream cheese to the egg yolks and whisk vigorously until completely smooth with no lumps remaining, about 1-2 minutes.

4 Whip Egg Whites

Add 1 teaspoon cream of tartar to the egg whites. Beat with an electric mixer on medium speed for 1 minute, then increase to high speed.

5 Continue beating on high speed for 3-5 minutes until stiff, glossy peaks form that hold their shape when the beaters are lifted.

6 Combine Mixtures

Add one-third of the whipped egg whites to the yolk mixture and gently fold together using a rubber spatula with cutting and folding motions.

7 Add remaining egg whites and fold gently until just combined, being careful not to deflate the mixture. Some white streaks are okay.

8 Shape and Bake

Spoon mixture onto prepared baking sheet in 6 mounds, each about 8cm (3 inches) in diameter and 2cm (¾ inch) thick.

9 Bake for 25-30 minutes until tops are golden brown and bread feels set when lightly touched. Do not open oven door during baking.

10 Cool and Serve

Cool on baking sheet for 5 minutes, then transfer to a wire rack and cool completely before serving, about 10 minutes.

Tips

Use room temperature eggs for better volume. Place cold eggs in warm water for 10-15 minutes before separating to help them whip more effectively.

Ensure absolutely no egg yolk gets into the whites. Even a tiny amount of fat can prevent proper whipping. Use three separate bowls when separating multiple eggs to avoid contaminating the entire batch.

Beat egg whites to stiff, glossy peaks before adding other ingredients. They should hold their shape when the beaters are lifted and not slide when the bowl is tilted.

Add cream of tartar early in the whipping process to stabilize the egg whites and create a more reliable foam structure.

Fold ingredients gently using a rubber spatula with a cutting and folding motion. Overmixing will deflate the air bubbles and result in dense bread.

Use parchment paper and avoid opening the oven door during baking. Temperature fluctuations can cause the delicate structure to collapse.

Bake at a low temperature (300-325°F) to prevent the outside from cooking too quickly while the inside remains raw.

Cool completely on a wire rack before storing to prevent condensation from making the bread soggy.