

Fluffy Cloud Bread Omelet

Light and airy cloud bread omelet with fluffy texture. Keto-friendly, low-carb breakfast with cream cheese and egg whites. Ready in 30 minutes!

10 min

PREP

20 min

COOK

30 min

TOTAL

1

SERVINGS

Easy

DIFFICULTY

Ingredients

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

Instructions

1 Prepare for Baking

Preheat oven to 325°F (163°C). Line a large baking sheet with parchment paper.

2 Separate the Eggs

Carefully separate 3 eggs, placing whites in a large, clean mixing bowl and yolks in a separate small bowl. Ensure no yolk gets into the whites or they won't whip properly.

3 Whip the Egg Whites

Add 1 teaspoon cream of tartar to the egg whites. Using an electric mixer on high speed, whip until stiff peaks form that hold their shape when you lift the beaters, about 3-4 minutes.

4 Prepare the Yolk Mixture

Add 2 tablespoons cream cheese and 1 teaspoon salt to the egg yolks. Mix with a fork until completely smooth and no lumps remain.

5 Combine the Mixtures

Add one-third of the yolk mixture to the whipped whites. Using a rubber spatula, gently fold by cutting down through the center and folding over - this incorporates ingredients without deflating the air bubbles. Repeat with remaining yolk mixture in two more additions.

6 **Shape and Bake**

Spoon the fluffy mixture onto the prepared baking sheet in a round mound about 8 inches wide. Use the back of a spoon to create a shallow well in the center for toppings.

7 Bake for 15 minutes until the top is light golden brown and springs back lightly when touched.

8 **Add Toppings and Finish**

Remove from oven and quickly add desired fillings like cheese, herbs, or vegetables to the center well. Return to oven for 3-5 minutes until any cheese melts.

9 Remove from oven and serve immediately while hot and fluffy, as the cloud bread will deflate as it cools.

Tips

Ensure your mixing bowl and beaters are completely clean and dry - any grease or water will prevent egg whites from whipping properly.

Room temperature eggs whip better than cold ones, so take them out of the refrigerator 30 minutes before cooking.

Add cream of tartar to stabilize the egg whites and create a more stable foam structure.

Fold ingredients gently using a rubber spatula in a cutting and folding motion to preserve the air bubbles.

Don't open the oven door during the first 10 minutes of baking, as this can cause the omelet to collapse.

Create a shallow well in the center before baking to make it easier to add toppings later.

Serve immediately for the best texture and appearance - cloud bread deflates as it cools.

If making multiple servings, prepare them on separate areas of the baking sheet to maintain individual portions.