

CLOUD BREAD

This high protein flat bread is a simple staple that can be used in place of bread to give a protein boost for breakfast, lunch or dinner.

4 servings

Per Serve - Calories 90, Fat 0.8g, Carbs 0.8g, Protein 19g

INGREDIENTS

- 1 cup of egg whites,
(pouched - can be found in refrigerator section)
- 60 grams Protein powder
- 2 teaspoons baking powder
- 0.5 teaspoon salt, Himalayan

DIRECTIONS

Preheat oven to 170 degrees C and line a tray with baking paper

Beat the egg whites in a food processor or using an egg beater until stiff.

Add the protein powder and baking powder to the egg whites and blend a little longer until thoroughly mixed through.

Transfer the mixture to the loaf tin and cook for 22 minutes until well risen and golden on top.

Turn off heat and leave in oven for 30 minutes.

You can then slice into four

This can be frozen and grilled

Variations:

For a sweeter treat add 1 banana and a teaspoon of cinnamon to the mixture before baking

Bump up the fibre and add a mixture of seeds such as flaxseed meal, pumpkin seeds and sunflower

