

## Oopsies – “Bread Free” Bread

6-8 servings, depending on size

3 eggs

3.5 oz of cream cheese (dairy free variety)

Pinch of salt

½ tbsp. fiberhusk/psyllium seed husks

½ tsp baking powder

1. Separate the eggs, with the egg whites in one bowl and the egg yolks in another.
2. Whip the egg whites together with the salt until very stiff. You should be able to turn the bowl over without the egg whites moving.
3. Mix the egg yolks and the cream cheese well. Add the psyllium seed husk and baking powder.
4. Gently fold the egg whites into the egg yolk mix – try to keep the air in the egg whites.
5. Put 6 large or 8 smaller Oopsies on a baking tray.
6. Bake in the middle of the oven at 150C (300F) for about 25 minutes – until they turn golden.
7. You can eat Oopsies as bread or use them as a bun for a hotdog or hamburger. You can also put different kinds of seed on them before baking them, for instance poppy, sesame or sunflower seeds.