

Oopsies



Serves	6-8
Prep time	20 minutes
Cook time	25 minutes
Total time	45 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Bread , Lunch , Lunch Box , Savoury Snack
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Warm
Website	Healthy Body Helpers (Facebook)

Ingredients

- 3 eggs
- 100g cream cheese
- pinch salt
- 1/2 teaspoon baking powder

Directions

1. Preheat the oven to 150°C and line two trays with baking paper.
2. Separate the eggs.
3. Whip the egg whites until they are very stiff (i.e. won't move when the bowl is tipped over).
4. Mix the egg yolks and cream cheese in another bowl until well combined. Add the baking powder.
5. Gently fold in the egg whites, trying to keep the air in the whites.
6. Scoop out 6 to 8 spoonfuls of the egg mixture and place on the baking trays.
7. Bake in the middle of the oven for 20 - 25 minutes until they turn golden.
8. Serve warm or cooled. Can be eaten on their own or as a bread replacement in sandwiches or with a favourite spread on top.
9. Store in an airtight container if not eating straight away for a couple of days.



Note

Low Chemical / Failsafe

In the original recipe the baking powder was optional. I haven't made them without it, but leaving out the baking powder, or using gluten-free baking powder would make these gluten-free.