
Easy Oopsie Flatbread

2 net carbs per flatbread; 1 net carb per roll.



Low Carbe Diem
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Servings: 3

Makes 3 small pizza-size flatbreads, or 6 bun tops/rolls.

- 3 eggs, room temp, separate out yolks
- 1/4 tsp cream of tartar
- 3 ozs neufchatel cheese, cold (sub cottage cheese or ricotta)
- stevia (or equiv)
- favorite herbs and spices
- 2 ozs cheddar cheese (or Parmesan) shredded

Preheat oven to 300 degrees F. Separate eggs. Beat egg whites with cream of tartar until stiff.

In a separate bowl, mix together egg yolks, spices/herbs of choice and cream cheese. Gently fold the yolk mix into the egg whites. Be careful not to break down the whites!

Scoop (don't pour) the batter into a circular pile on a lightly greased oven tray. Pile the batter as high as possible. (We're not going for Mt. Everest, though.) Make the batter pile the size of your flatbread (usually 6 to 10 inches in diameter). You can also make 6 small piles, perfect for low carb buns.

Bake at 300 degrees F in the oven for about 30 minutes.

Remove from oven and allow to cool on a rack. Your flatbread deflates a bit during this time, and becomes firmer.

Store your Oopsie flatbread in a loose-lid container on the counter, in the fridge or freezer (thaw before use).

When you are ready to use:

Slather or spray lightly with olive oil (or melted butter), top with grated cheddar or Parmesan (or desired cheese), and dark greens like spinach or arugula (both have 0.4g net carbs per cup).

Toast or broil in the oven until cheese is melted, bubbly and Oopsie flatbread is slightly browned. Toast longer at a lower temp for an extra crispy, crunchy flatbread.

Per Serving (one flatbread or two buns/rolls): 246 Calories; 36g Fat (77.8% calories from fat); 22g Protein; 2g Carbohydrate; trace Dietary Fiber.