

OOPSIE BREAD

(Courtesy Sally-Ann Creed)

Ingredients:

3 eggs

100g cream cheese

½ tablespoon psyllium husk fibre (optional)

½ teaspoon baking powder

Method:

Separate the eggs, with the egg whites in one bowl and the egg yolks in another

Whip the egg whites together with the salt until very stiff.

Mix the egg yolk and the cream cheese well. Add the psyllium seed husk and baking powder (makes the oopsie more bread-like)

Gently fold the egg whites into the egg yolk mix - try to keep the air in the egg whites

Put 6 – 8 oopsies on a greased baking tray

Bake in the middle of the oven at 150 degrees Celsius for about 25 minutes, or until they are golden brown.