



**Phone:** 480-284-8155  
**Fax:** 866-823-2115  
Azimsolutions.com  
4657 S. Lakeshore Drive Suite 1  
Tempe, AZ 85282

## Oopsie Bread

Servings: 4-6 rolls

### Ingredients:

- \*3 eggs
- \*1/2 cup cream cheese
- \*1 pinch salt
- \*1/2 tablespoon psyllium husks (optional)
- \*1/2 teaspoon baking powder (optional)

### Directions:

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. If you choose, add the psyllium seed husk and baking powder (this makes the Oopsie more bread-like).
4. Gently fold the egg whites into the egg yolk mix—try to keep in the air the egg whites.
5. Put 6 large or 8 smaller oopsies on a baking tray. Bake in the middle of the oven at 300F for about 25 minutes—until they turn golden.
6. You can eat Oopsies as bread or use them as a bun for a hotdog or hamburger. You can also put different kinds of seeds on them before baking them, for instance poppy, sesame or sunflower seeds.