

# No Carb Buns

## Ingredients:

4 Eggs  
1/4 cup Low Fat Cottage Cheese  
1/2 t Cream of Tartar  
Pinch Sea Salt  
1 pkt Stevia (optional)



Directions: Preheat oven to 300 degrees. Separate egg whites from yolks and beat whites with cream of tartar until stiff peaks form. Blend remaining ingredients together in blender until smooth. GENTLY fold egg whites into yolks. Spray a cookie sheet and spread mixture into circles about 1/2 inch thick. Bake for about 30 minutes checking periodically until golden brown and cooked through. Buns will be crisp out of the oven but will soften after an hour or so.

Notes: Use in place of buns or bread for burgers or sandwiches. These will keep a day or so at room temperature, several days in the refrigerator, and even longer if frozen although freezing may alter the texture.



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**Nutrition Information per serving  
(1/8 recipe)**

**Calories: 45**

**Fat: 2.5 grams**

**Protein: 5 grams**

**Carbohydrates: <1 grams**

**Sugar: 0 grams**

**Fiber: 0 grams**

**Sodium: 88 mg**

**Standard Hamburger  
Bun**

**130 Calories**

**2 grams**

**4 grams**

**23 grams**

**3 grams**

**0 grams**

**220 mg**

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