PRIMAL GUIDE

Cheese Cloud Rolls (Carnivore “Buns”)

PREP 10 MIN • COOK 30 MIN • YIELD 6 ROLLS

INGREDIENTS

- 3 pasture-raised eggs, separated
- 3 tbsp raw cream cheese or raw mascarpone, softened
- pinch of salt
- a few drops fresh lemon juice (optional, helps the whites hold)

STEPS

1. Separate egg whites and yolks.
2. Whip egg whites (with the lemon juice, if using) until stiff peaks form.
3. Mix yolks, softened cream cheese, and salt in another bowl until smooth.
4. Gently fold the whites into the yolk mix.
5. Spoon 6 even mounds onto a parchment-lined tray and gently flatten the tops.
6. Bake at 300°F (150°C) for 25–30 minutes, until golden and firm to a light touch.
7. Cool on the tray for 10 minutes, then move to a rack.

Raw dairy: buy only from a clean, trusted source and check the rules where you live (see Primal Guide’s Raw Milk Laws by State guide). Primal Guide isn’t liable for illness from raw dairy.

primalguide.org/cheese-cloud-rolls-carnivore-buns

Not medical advice. Talk with your doctor about your diet.

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