

## CHEESE PUFFS



	Ingredients	Exchanges
Protein	37.8 gm whipped raw egg whites	2.2 (+2.2 gm fat)
	11.4 gm cheddar cheese	1.5 (-2.25 gm fat)
Fat	15 gm mayonnaise	3 (-0.05 gm)
Other	Salt	

*Recipe developed by Joanna Hanson*

### DIRECTIONS

- Preheat oven to 350° F.
- Using a food processor, chop the shredded cheddar cheese until ground.
- In a mixing bowl, whip fresh egg whites until a very firm texture forms.
- In a small bowl, weigh the chopped cheddar cheese and mayonnaise.
- Season with salt and stir until smooth.
- Weigh the whipped egg whites in the bowl and gently fold into mixture. Careful to not overmix.
- Line a baking sheet with parchment paper.
- Scoop dollops of the mixture onto the parchment paper.
- Bake in the preheated oven for 15-20 minutes, or until golden.
- Allow to cool before removing.

### VARIATIONS

- The exchange amount of mayonnaise should not exceed the total amount of protein exchanges. If personal meal plan requires additional fat exchanges, a mayonnaise dip can be served on the side.
- This recipe does not contain carbohydrates or heavy cream, therefore should be served on the side.
- Egg whites should be whipped before weighing to avoid error.
- Whipping the egg whites can be skipped, but the recipe will not be as puffy once baked.