

Benefits of TikTok's Latest Food Trend: Cloud Bread



By Nicole Maher

From rainbow bagels to edible gold, we certainly have seen no shortage of [food trends](#) introduced to us through our favorite social media platforms. Every day we log onto Instagram or Twitter, we will likely be faced with a new super fruit, elaborate dessert, or a full-on diet plan. The newest food trend to make the list, brought to us by none other than Tik Tok, is cloud bread. Not only does cloud bread have a fun name and appetizing appearance, but it also comes with a long list of benefits. With its numerous uses and airy consistency, it may just be the newest must-have in your current diet.

Find out five benefits of cloud bread, the latest food trend from Tik Tok.

1. It's super easy to make: There is nothing better than finding a recipe that consists of five ingredients or less, and cloud bread is just that. Not only is the recipe short and simple, it contains ingredients you most likely already have in your house. The basics are simple, eggs, sugar, cornstarch, and your choice of a flavoring extract.

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2. It's versatile: Because there are so few ingredients, it gives you the liberty to change it up however you would like. While most recipes call for the use of almond extract, it can be substituted with other options such as orange or vanilla. The dough also takes well to food dye, and can be altered to any color of your choice. Try making the finished product more savory by topping it with bagel seasonings, or more sweet by adding a dusting of powdered sugar.

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3. It's low carb: Cloud bread, as implied by its name, is light and airy. This fluffy consistency is the perfect way to lighten up a sandwich or bread-based dessert. The limited ingredients make this food trend a low carb bread substitute, as well as staying right around the forty calories mark.

4. It's gluten free: Many breads are a high source of gluten because of ingredients such as wheat, barley flour, or yeast. Cloud bread is a gluten free option because none of these ingredients are present in the dough. This makes it the perfect choice for someone who has a gluten intolerance, or simply tries to limit the gluten in their diet.

5. It fits in the keto diet: One of the most prominent diets at the moment, also made more popular through social media, is the keto diet. Despite the rumored benefits of a keto diet, it can be hard to follow because of the amount of foods it limits. However, with a few small changes, the new food trend of cloud bread fits right in. By substituting the sugar with stevia, and the cornstarch with cream cheese or cream of tartar, you will have a keto-friendly cloud bread that is identical to the original.

Have you tried cloud bread? Share your experiences below.