



2 Ingredient Protein Flatbread

2 servings

30 minutes

Ingredients

1 cup Cottage Cheese
2 Egg

Nutrition

Amount per serving	
Calories	174
Fat	9g
Carbs	4g
Fiber	0g
Sugar	3g
Protein	18g

Directions

- 1 Line a baking pan with parchment paper and lightly spray with oil. Preheat oven to 350 degrees.
- 2 Blend up eggs & cottage cheese in blender.
- 3 Pour mixture onto pan and spread out with a spatula until it's an even thin layer. Sprinkle with s&p, thyme, garlic powder, or any spices of choice.
- 4 Bake for about 30-35 minutes until golden brown on all edges.

Notes

Many Uses!: Eat on its own, use it for wraps or sandwiches, or use it as a pizza crust.