



2-Ingredient Protein Biscuits



1/8 of recipe (1 biscuit): 147 calories, 1g total fat (0.5g sat. fat), 538mg sodium, 24g carbs, <0.5g fiber, 2g sugars, 8.5g protein

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Prep: 15 minutes **Cook:** 20 minutes



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Ingredients

2 cups low-fat cottage cheese
2 cups self-rising flour, or more for dusting
Optional seasonings: garlic powder, onion powder, salt, black pepper

Directions

Preheat oven to 400°F. Spray a sheet pan with nonstick spray.

Place cottage cheese in a small blender or food processor, and puree until smooth. (You can skip this step if you don't mind the curds; just drain it first.)

Transfer cottage cheese to a large bowl. Add flour and optional seasonings. Mix until dough forms.

Lightly dust your hands and work surface with flour. Shape dough into 8 biscuits.

Place biscuits on the sheet pan.

Bake until golden brown and cooked through, about 20 minutes.

MAKES 8 SERVINGS

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