



Protein-Packed Flatbread



Entire recipe: 194 calories, 3g total fat (2g sat. fat), 738mg sodium, 13g carbs, 0g fiber, 6g sugars, 25.5g protein

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Prep: 5 minutes **Cook:** 35 minutes



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Ingredients

- 3/4 cup low-fat cottage cheese
- 1/4 cup (about 2 large) egg whites or liquid egg substitute
- 1 tbsp. self-rising flour
- 1/8 tsp. garlic powder
- 1/8 tsp. onion powder
- 1/8 tsp. Italian seasoning

Directions

Preheat oven to 350°F. Line a baking sheet with parchment paper.

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 blended cottage cheese to a medium bowl. Add all remaining ingredients. Mix until uniform.

Spread mixture onto the baking sheet in a thin layer, about 1/4 inch thick.

Bake until firm and golden brown, 30–35 minutes.

MAKES 1 SERVING

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