



Cottage Cheese Flatbread

Cottage Cheese is having its 15 minutes of fame right now! With this recipe... I can totally see why! I decided to try Cottage Cheese bread after seeing it pop up all over the place and I'm so glad I did.

Nick LOVES it as a simple bread option for sandwiches over the summer. I love how easy it is to make (no mess and so simple!). You can make a batch for the week and reheat as needed. And it's super versatile with the ability to change up the seasoning.

Recipe:

1 Cup Cottage Cheese
2 Eggs
1 teaspoon Seasoning

Blend until smooth
Pour over parchment paper

Ours makes a 12x7 rectangle

Bake 350 for 30-35 minutes



The Keto Dad Tips:

- Bake on parchment paper. The bread will appear soft, but as long as it's golden brown, it will cool into a solid sheet.
- To store for later, pre-cut sandwich slices and layer between paper towels. Store in an airtight container in the fridge for up to 3 days.
- TIP: If you are reheating the bread, toast the slices or crisp up on a pan on the stovetop. We love making sandwich melts with reheated cottage cheese bread!
- You can use this as flatbread for pizzas too! Don't put on too much liquid (sauce or watery veggies like tomatoes) or it will get soggy. My favorite is just a few toppings and cheese and then toasted in our toaster oven!
- If yours isn't done, make sure you're making it as wide and long as mine (so it's thin). Ours was 12x7.

Macros: 1/4 of the sheet (we made 4 handheld sized sandwiches out of it)

Calories: 90, Fat: 5g , Carbs: 3, Fiber: 0g, (Net Carbs 3), Protein: 9g

SimpleFunKeto.com

Facebook: The Keto Dad Instagram: @theketodadlife YouTube: The Keto Dad