

Cottage Cheese Bread

Low carb, high protein “bread” that is delicious in a sandwich.

INGREDIENTS

8 oz good quality cottage cheese

2 large eggs

Small handful of cilantro

1 garlic clove

DIRECTIONS

Preheat oven to 350°F. Line a small baking pan with parchment paper and spray with avocado oil. Place all ingredients in a food processor. Process very well until completely blended and smooth. Pour into the baking pan and shake/tap gently to remove air bubbles and get an even layer. Put in oven for about 40 minutes, checking it regularly after 20 minutes.

Remove from oven when done, cool completely, slice in to desired portion sizes.

Tips – This is delicious using different types of spices in the mix. Using a small (4”) round cake pan or similar works well for creating sandwich “buns”.