

Ashley's Meal Prep Monday!

Baked Cottage Cheese Wrap

INGREDIENTS

8 ounces cottage cheese (I use the Lactaid brand)
2 eggs
3-4 TBSP grated Parmesan Cheese (I Use Follow Your Heart for DF)
2 cloves garlic
1 TSP Italian seasoning
1 large handful of spinach

Preheat oven to 350 and line a cookie sheet with parchment paper.

In a food processor or blender, add all of the ingredients and blend until smooth - about a minute or so.

Spread the batter in an even layer on the parchment paper using a silicone spatula. Bake for 25-30 minutes or until the top has set. Remove from the oven and let cool completely.

Then, remove from the parchment paper, cut in half (this makes 2 servings) and fill with your favorite toppings!



Recipe: kalejunkie.com 