AMERICAN · BREAKFAST · SNACK · SIDE

Two-Ingredient Cottage Cheese and Egg Flatbread

60 min · Serves 4 · 217 kcal a serve · Video 13:18 · Steak and Butter Gal

Carnivore · Gluten-free ingredients · No nuts listed

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A grain-free bread made from just cottage cheese and eggs: each serve gives about 19 g of protein for around 220 kcal and is a good source of selenium and vitamin B12, with no flour, sugar or seed oils.

Diet notes: Low carb (4.4 g net carbs) but not keto: 56% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 3 · SERVES 4

- ☐ 470 ml (one 450 g tub) **full-fat cottage cheese**
- ☐ 4 **eggs**
- ☐ **beef tallow** (or bacon fat, duck fat or butter) for searing, about 1 tbsp

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 175°C and line a baking sheet with baking paper. 1:15
2. Blend the 470 ml of cottage cheese in a food processor or blender until completely smooth, then add the 4 eggs and blend again to a smooth, creamy batter. 1:22
3. Pour the batter onto the lined sheet and let it spread naturally into a thin, even flatbread. 1:42
4. Bake for 40 minutes, until set. Slide the paper onto a cool, dry surface and let the flatbread cool. 2:00
5. Flip the flatbread over, peel off the paper and cut it into squares, triangles or rounds. 3:43
6. Heat a pan, grease it with a little beef tallow and sear each piece for about 60 seconds, pressing it down lightly so it picks up brown marks. Eat warm with butter, or fold around meat and cheese like a wrap. 4:07

> **Tip** Serves 4 (our estimate; the cook doesn't say). It keeps its soft, foldable texture for a day or two, so it travels well; you can mix herbs or spices into the batter before baking. Halve it with 240 ml cottage cheese and 2 eggs.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
217 kcal	**19** g	**4.4** g	**0** g	**13** g	**420** mg
910 kJ	38% of a day	4.4 g net · 3.6 g sugars	0% of a day	5.2 g saturated	18% of a day
		2% of a day		17% of a day	

Energy from net carbs 8% · protein 36% · fat 56% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 48% · Vitamin B12 43%

Source of (10–19%) Vitamin A 13%

Recipe and video: Steak and Butter Gal (@SteakandButterGal) on YouTube — youtube.com/watch?v=eXHa3iBnVtk, published 10 July 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/carnivore-cottage-cheese-flatbread