servings: 10

Cottage Cheese Bread

ingredients

1 cup plain greek yogurt
1 cup low fat cottage cheese
2 eggs
1 ½ cups oat flour
1 cup whole oats
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon sea salt
1 tablespoon chia seed
1 tablespoon flax seed
1 tablespoon pumpkin seed/raw pipits

method

Preheat oven to 350 degrees.
Combine wet ingredients together in a bowl.
In a separate bowl combine all dry ingredients and mix together thoroughly.
Pour wet ingredients into dry and mix together thoroughly.
Line a loaf pan with parchment paper and pour batter into pan.
Bake at 350 for 25-30 minutes. Let rest in pan and cool before slicing.

143 cal
4 F/ 12 C/ 6.5