

Prep Time	10 minutes
Bake Time	30-35 minutes
Cooling Time	10 minutes
Total Time	~50 minutes
Yield	2 large flatbread slabs (4-6 servings)

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Equipment Needed

- High-speed blender or food processor
- Rimmed baking sheet (\$10 \times 15\$ inches or \$11 \times 17\$ inches)

- Parchment paper (essential to prevent sticking)
- Silicone spatula
- Pastry brush
- Small microwave-safe bowl

Ingredients

Flatbread Base

- 1 cup (225g) low-fat or full-fat cottage cheese
- 2 large eggs
- ½ tsp garlic powder
- ½ tsp dried Italian seasoning (or equal parts dried oregano and basil)
- ¼ tsp fine sea salt
- ¼ tsp freshly cracked black pepper

Garlic Herb Topping

- 2 tbsp (30g) unsalted butter, melted
- 2 cloves fresh garlic, finely minced
- 1 tbsp fresh flat-leaf parsley, finely chopped
- 2 tbsp grated Parmesan cheese (optional, for extra flavor)
- Pinch of coarse sea salt or red pepper flakes (optional)

Step-by-Step Instructions

Step 1: Prep and Preheat

1. Preheat your oven to 350°F (175°C).
2. Line a large rimmed baking sheet with a sheet of parchment paper. Lightly spray the parchment paper with cooking spray to ensure the flatbread releases effortlessly after baking.

Step 2: Blend the Batter

1. Add the cottage cheese, eggs, garlic powder, Italian seasoning, sea salt, and black

pepper directly into the jar of a high-speed blender or food processor.

2. Blend on high for 45 to 60 seconds until the mixture is completely smooth, creamy, and free of any cottage cheese curds. The consistency should resemble a thick, pourable pancake batter.

Step 3: Spread the Batter

1. Pour the blended mixture onto the center of the prepared parchment-lined baking sheet.
2. Using a silicone spatula, gently spread the batter out into an even, thin rectangle (approximately $\frac{1}{4}$ -inch thick). Aim for a rectangular shape about 8×11 inches in size.
3. Tap the baking sheet firmly on the counter once or twice to pop any large air bubbles.

Step 4: Bake

1. Place the baking sheet on the center rack of your preheated oven.
2. Bake at 350°F (175°C) for 30 to 35 minutes.
3. The flatbread is fully cooked when the surface is set, the center is dry to the touch, and the edges turn a deep golden brown.

Step 5: Apply the Garlic Herb Topping

1. While the flatbread bakes, combine the melted butter, minced fresh garlic, chopped fresh parsley, and grated Parmesan cheese in a small bowl.
2. Remove the flatbread from the oven. While it is still hot, use a pastry brush to evenly coat the top with the garlic butter mixture.
3. Sprinkle a pinch of coarse sea salt or red pepper flakes over the surface if desired.

Step 6: Cool, Slice, and Serve

1. Allow the flatbread to cool on the baking sheet for 10 minutes. As it cools, it will firm up and become pliable.
2. Carefully peel the flatbread away from the parchment paper.
3. Slice into halves for large sandwich wraps, or into 6 smaller squares for individual flatbread servings.

Tips for Success

- **Use Parchment Paper:** Do not attempt to bake this directly on an oiled pan or aluminum foil; cottage cheese naturally sticks. High-quality parchment paper is mandatory.

- **Blend Thoroughly:** Ensure there are no leftover lumps of cottage cheese in the batter. A smooth liquid mixture bakes into a uniform, pliable sheet rather than a patchy base.
- **Let It Cool:** Slicing or peeling the flatbread while it is steaming hot may cause it to tear. Give it at least 10 minutes to set structurally at room temperature.

Nutrition Information

Estimated nutrition per serving (based on 4 total servings with garlic butter topping):

Nutritive Element	Amount per Serving
Calories	135 kcal
Total Carbohydrates	2.5 g
Dietary Fiber	0.2 g
Net Carbohydrates	2.3 g
Protein	11 g
Total Fat	9 g
Saturated Fat	4.5 g
Cholesterol	115 mg
Sodium	380 mg
Calcium	95 mg