

## **Carnivore Flatbread**

### **Ingredients:**

2 cups cottage cheese

4 eggs

### **Method:**

1. Preheat your oven to 180°C.
2. Blend or whisk the cottage cheese and eggs together until smooth.
3. Line a baking tray with baking paper and pour the mixture onto the tray, spreading it evenly.
4. Bake for around 20 minutes, or until set.
5. Near the end of baking, flip the flatbread to lightly brown the other side.
6. Allow to cool slightly, then cut into your preferred portion sizes.
7. Pan-fry the pieces in beef tallow just enough to get those lekker flatbread grill marks.

Tastes great warm, or cold the next day!

For extra flavour add garlic, salt, pepper, oregano, basil or any other spices you would like.

