



LINDSEY Mutchler

FITNESS

BUILD STRENGTH X MOVE FORWARD

Healthy Cottage Cheese Pizza Flatbread

Ingredients

8 oz good culture cottage cheese (or cottage cheese of choice)
2 egg
1/2 teaspoon garlic powder
1/2 teaspoon Italian seasoning
1/2 teaspoon onion powder
Additional ingredients needed
1.5 oz reduced fat mozzarella cheese
1 serving turkey pepperoni
Sautéed veggies of choice (I chose yellow peppers and onions)
Fresh basil to taste
3/4 cup Pasta sauce of choice

Directions

Blend all ingredients and then transfer to a parchment paper lined baking sheet and let spread out into a thin rectangle flatbread shape
Bake at 400 for 25 minutes
Remove from oven and add additional toppings. (Sauce, cheese then toppings)
Place back in oven for 3-5 minutes until cheese is melted.
Remove from oven, slice and enjoy!

Air Fried Buffalo cauliflower with cottage cheese ranch dip

Ingredients

1 head of cauliflower (save time and buy bag of already chopped!)
1/2 cup flour
1 teaspoon Italian seasoning
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon red pepper flakes
1/2 teaspoon salt
1/2 cup water
1/2 cup buffalo sauce (I used primal kitchen)

Directions

Cut cauliflower into bite sized pieces
Then in a bowl combine all of the ingredients minus the buffalo sauce
Pour over cauliflower then place in air fryer for 10 minutes at 400
Remove add add 1-2 tablespoons buffalo sauce and toss then place back in the air fryer for 5 minutes at 400
Remove from air fryer and add remaining buffalo sauce and enjoy !

Ingredients Cottage Cheese ranch

1.5 cups cottage cheese
1.5 tablespoon ranch seasoning
Splash of water as needed for desired consistency
Add all ingredients to blender and blend until smooth. Add the water as needed for desired consistency.