



## High Protein Zucchini Cottage Cheese Flagels (Flat Bagels)

Serves: 6 | Prep: 5 mins | Cook: 25 mins

### INGREDIENTS

- 1 cup (210 g) cottage cheese
- 1 1/3 cup (165 g) all purpose flour
- 3 tsp baking powder
- 1/2 tsp salt
- 3/4 cup (95 g) zucchini, squeezed packed
- 1 tbsp olive oil
- 1/2 cup (55 g) shredded mozzarella
- Egg Wash: 1 egg, lightly beaten



Personal Note: This recipe also works well with lactose-free cottage cheese and gluten-free flour as substitutes. For extra flavor, try mixing in Mrs. Dash Garlic and Herb seasoning and topping with everything bagel seasoning before baking.

### INSTRUCTIONS

- Preheat oven to 375°F. Line a large rimmed baking sheet with parchment paper.
- In a mini food processor, add in your cottage cheese and pulse until smooth.
- In a large bowl, add in the flour, baking powder, salt, cottage cheese, zucchini, olive oil, mozzarella and mix together until combined. Use your hands to form the dough into a thick log (6 inches long).
- Divide the dough into 6 equal pieces. Shape the pieces into flatter circles and poke a hole in the middle with your finger. Place onto the pan and brush them with egg wash. Bake for 22-25 minutes or until golden brown on top.
- Transfer to a wire rack to let cool completely.