



Wow, I had no idea you could make bread with just 2 ingredients!

Description

In an era where the simplicity of ingredients can often dictate the convenience and functionality of a meal, the 2-Ingredient Protein Bread emerges as a brilliant example of minimalist cooking. Originating from the need for a high-protein, easy-to-prepare option, this recipe is perfect for anyone from the fitness aficionado to the busy bee seeking a nutritious bread alternative that aligns with a low-carb lifestyle.

This protein-packed bread not only offers a substantial nutritional boost but is also incredibly versatile. Start your day with a slice toasted to perfection, topped with creamy avocado, a pinch of sea salt, and pepper for a savory breakfast. Or, sweeten your morning with a layer of almond butter and a drizzle of honey. Come lunchtime, this bread transforms into the foundation of a fulfilling sandwich stacked with crisp vegetables and lean protein, keeping you energized and satisfied.

Ingredients:

- 1 cup cultured cottage cheese
- 1 cup powdered egg whites
- 1 cup water

PREPARATION:

Preheat your oven to 350°F (175°C) and prepare a loaf pan with parchment paper or a light greasing.

Hydrate the powdered egg whites by whisking them with 1 cup of water in a large bowl until soft peaks form, ensuring the ideal texture for your bread.

Incorporate the cottage cheese into the egg white mixture, blending until smooth for added moisture, tanginess, and an extra protein punch.

Pour the batter into your prepared loaf pan, smoothing the top with a spatula for an even finish.

Bake for 40-45 minutes, or until the bread has set and sports a golden brown top. Adjust the baking time as needed based on your oven and loaf pan size.

Cool and serve the bread after letting it rest in the pan for 10 minutes, then moving it to a wire rack to cool completely for easier slicing.

Enjoy this bread as is, or elevate it with your favorite spreads and toppings. It's an excellent choice for a protein-rich start to your day or a healthy, satisfying snack.

Variations & Tips:

Add a personal touch with a teaspoon of herbs or spices, like garlic powder, Italian seasoning, or cinnamon, for a customized flavor profile.

Keep the bread fresh in an airtight container, or slice and freeze it for a convenient protein-rich option anytime.

This 2-Ingredient Protein Bread stands as a testament to the beauty of simplicity in the kitchen, offering a versatile base for a myriad of culinary explorations. Whether enjoyed in its basic form or customized to your liking, its straightforward preparation and healthful benefits make it a recipe to cherish and revisit.

Enjoy !

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