



Keto Cheese, Egg and Broccoli Casserole

Ingredients

1. 1/4 cup egg beaters or egg whites
2. 2 cups broccoli
3. 4.5 oz cottage cheese
4. 1/2 tsp garlic powder
5. 1 tbsp parmesan cheese
6. 1/2 cup shredded cheddar cheese (low fat)
7. 2/3 tbsp butter

Serves: 1-2

Instructions

1. Preheat oven to 350 F
2. Combine and mix all ingredients except parmesan and cheddar cheese into a bowl
3. Important! Spray casserole dish with non stick cooking spray
4. Pour casserole into sprayed casserole dish
5. Bake for 40 minutes
6. Sprinkle cheddar and parmesan cheese on top
7. Bake additional 20 minutes

Prep Time: 1 hour