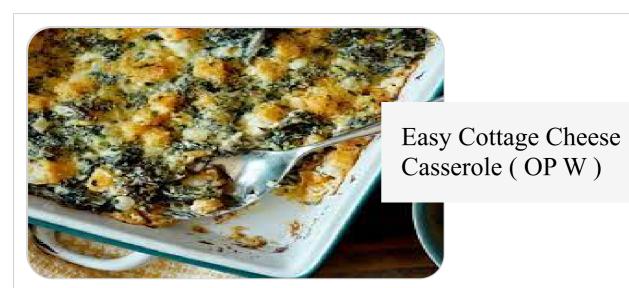


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Serving: 1 Veg

Ingredients

- 2 Large Whole Eggs
- 4 Cloves Minced Garlic 2 Teaspoons
- 1 Teaspoon Onion Powder
- 1 Teaspoon Chili Powder
- 8 Tablespoons Parmesan Cheese
- 2 Cups Cottage Cheese Fat Free
- 1 Cup Spinach or Kale

Preparation Method

- Chop up your Spinach and mix everything together in a large bowl
- Add your mix into an oven safe dish
- Bake on 350F/176C for 15-20 minutes or until the sides start to bubble