

Crispy Turkey Cottage Cheese Protein Crust Bites

Printable grocery list · Serves 4

- ☐ Ground turkey
- ☐ Cottage cheese
- ☐ Reduced fat shredded cheddar cheese
- ☐ Plain breadcrumbs
- ☐ Egg
- ☐ Onion powder
- ☐ Garlic powder
- ☐ Paprika
- ☐ Salt & pepper
- ☐ Olive oil spray
- ☐ Plain Greek yogurt
- ☐ Dijon mustard
- ☐ Honey