

# Pizza Toast

THM-Friendly: E

- 3/4 cup nonfat cottage cheese
- 6 turkey pepperoni, cut into small pieces
- 4 Tbsp. diced tomatoes
- 2 Tbsp. black olives
- 2 Tbsp. bell pepper, diced into small pieces
- 1/2 tsp. Italian seasoning
- 1 Tbsp. mozzarella cheese

Place two pieces of on-plan bread in the toaster and toast to a light brown. Meanwhile, mix the above ingredients together. Place the toast in a pan and divide the cottage cheese mixture onto the two pieces of toast. Sprinkle with a scant amount of mozzarella and place pan in the air fryer. Cook just until the cheese is melted.

Toasting the bread first is imperative or you will have soggy toast at the end.

enJOY!

