



Long Livo

Blueberry Lemon Zest Cottage Cheese Bites

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

4

Servings

Snack

Course

Ingredients

Main Ingredients

- ☐ 1 cup cottage cheese
- ☐ 1/2 cup fresh blueberries
- ☐ 1 tsp lemon zest
- ☐ 1 tbsp lemon juice
- ☐ 1 tbsp honey
- ☐ 1/2 tsp vanilla extract
- ☐ Pinch of sea salt

Instructions

- 1 Drain the cottage cheese in a fine-mesh sieve for a few minutes to remove excess whey.
- 2 In a bowl, whisk together the cottage cheese, lemon zest, lemon juice, honey, vanilla, and a pinch of sea salt until smooth.
- 3 Gently fold the fresh blueberries into the cheese mixture, being careful not to crush them.
- 4 Spoon the mixture into silicone bite-size molds or a lined tray, smoothing the tops.
- 5 Cover and chill in the refrigerator for at least 30 minutes, or until firm.
- 6 Before serving, sprinkle a tiny bit of extra lemon zest on each bite for a fresh pop.

Nutrition per serving

120 kcal

Calories

8 g

Protein

15 g

Carbs

4 g

Fat

Tips & notes

- If you like a tangier bite, add a bit more lemon juice.
- For a decorative touch, drizzle a thin line of honey over the top before chilling.
- Use a chilled spoon to serve for the cleanest presentation.