



Long Livo

# Cottage Cheese Lemon Mousse Recipe

**15 min**

Prep time

**Easy**

Difficulty

**15 min**

Total time

**American**

Cuisine

**4**

Servings

**Dessert**

Course

## Ingredients

### Mousse Base

- ☐ 2 cups cottage cheese, well-drained
- ☐ 1/3 cup fresh lemon juice
- ☐ 2 tbsp honey or maple syrup
- ☐ 1 tsp vanilla extract
- ☐ Zest of 1 lemon
- ☐ Pinch of sea salt

## Instructions

- 1** In a high-speed blender, combine the drained cottage cheese, lemon juice, honey, vanilla, lemon zest, and salt.
- 2** Blend on medium-high until the mixture is completely smooth and airy, about 45 seconds. Stop and scrape sides as needed.
- 3** Taste and adjust sweetness or acidity; add a little more honey or lemon juice if desired.
- 4** Transfer the mousse into serving glasses, smooth the tops, and chill for at least 30 minutes before serving.
- 5** Just before serving, garnish with a light sprinkle of lemon zest and a drizzle of honey, or enjoy plain for a clean finish.

## Nutrition per serving

**180 kcal**

Calories

**12 g**

Protein

**22 g**

Carbs

**5 g**

Fat

### Tips & notes

- If the mousse seems a bit thick, stir in a tablespoon of cold water or milk to reach desired consistency.
- For extra brightness, add a few drops of orange blossom water.
- Serve with fresh berries for added color and sweetness.