



Long Livo

Cottage Cheese Peanut Butter Mousse

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

4

Servings

Dessert

Course

Ingredients

Mousse Base

- ☐ 1 cup cottage cheese, drained
- ☐ 1/3 cup natural peanut butter
- ☐ 2 tbsp honey
- ☐ 1 tsp vanilla extract

- ☐ 1 tsp lemon zest

- ☐ Pinch of sea salt

Optional Topping

- ☐ 2 tbsp dark chocolate chips
- ☐ 1 tbsp toasted peanuts, chopped

Instructions

- 1** In a medium bowl, whisk together the cottage cheese and peanut butter until the mixture looks smooth and glossy.
- 2** Add honey, vanilla, lemon zest, and a pinch of sea salt; continue whisking gently until fully incorporated.
- 3** If you like extra texture, fold in chocolate chips and toasted peanuts just before chilling.
- 4** Cover the bowl and refrigerate for at least 30 minutes, or until set.
- 5** Spoon the mousse into serving glasses, drizzle with a little extra honey if desired, and enjoy.

Nutrition per serving

180 kcal

Calories

12 g

Protein

12 g

Carbs

9 g

Fat

Tips & notes

- For an even smoother mousse, press the cottage cheese through a fine-mesh sieve before mixing.
- Adjust the amount of honey based on the sweetness of your peanut butter.
- If the mousse feels too thick, stir in a teaspoon of milk to loosen.