



Long Livo

Pumpkin Cottage Cheese Bake - Easy Snack

15 min

Prep time

4

Servings

30 min

Cook time

Easy

Difficulty

45 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 1 cup pumpkin puree
- ☐ 1 cup cottage cheese
- ☐ 2 large eggs
- ☐ 2 tbsp honey
- ☐ 1 tsp cinnamon

- ☐ ½ tsp nutmeg
- ☐ 1 tbsp lemon juice
- ☐ Salt and pepper to taste

Optional Topping

- ☐ 2 tbsp grated cheddar cheese
- ☐ 1 tbsp toasted pumpkin seeds

Instructions

- 1 Preheat the oven to 350°F (175°C) and lightly grease a 9-inch baking dish.
- 2 In a large bowl, whisk together pumpkin puree, cottage cheese, and eggs until smooth.
- 3 Stir in honey, cinnamon, nutmeg, lemon juice, salt, and pepper; taste and adjust seasoning.
- 4 Pour the mixture into the prepared dish; if using, sprinkle cheddar on top.
- 5 Bake for 25-30 minutes, until the center is set and the top is lightly golden.
- 6 Remove from oven, let rest for 5 minutes, then garnish with toasted pumpkin seeds before serving.

Nutrition per serving

260 kcal

Calories

14 g

Protein

28 g

Carbs

9 g

Fat

Tips & notes

- If the top browns too quickly, cover loosely with foil.
- For extra sweetness, drizzle a little more honey just before serving.
- This bake can be made ahead and reheated gently in the oven.