

Choco Fever Dream

Blueberry Cottage Cheese Breakfast Bake

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup cottage cheese
- [ ] 1 cup whole-grain flour
- [ ] 2 large eggs
- [ ] 1/2 cup milk
- [ ] 1/4 cup maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1 cup fresh blueberries
- [ ] Zest of 1 lemon
- [ ] 1 tsp baking powder
- [ ] Pinch of salt

Optional Topping

- [ ] Extra blueberries for garnish
- [ ] A drizzle of maple syrup
- [ ] A sprinkle of toasted almond slivers

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 cottage cheese, eggs, milk, maple syrup, and vanilla until smooth.
3. Sift in flour, baking powder, and salt; fold gently, leaving a few lumps.
4. Scatter lemon zest and blueberries over the batter, then gently swirl with a spatula.
5. Bake for 25–30 minutes, until the top is golden and a toothpick comes out clean.
6. Allow to rest 5 minutes, then garnish with extra berries and a light drizzle of maple syrup.

Nutrition per serving

310 kcal	15 g	38 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using frozen berries, add them directly without thawing to keep the batter from becoming watery.
- A pinch of cinnamon can add a warm spice note without overpowering the blueberries.
- For a richer flavor, substitute half of the milk with cream.