

Choco Fever Dream

Blueberry Lemon Zest Cottage Cheese Bites

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**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	8 g	15 g	4 g
Calories	Protein	Carbs	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.