

Choco Fever Dream

Cottage Cheese Peanut Butter Mousse

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**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	12 g	12 g	9 g
Calories	Protein	Carbs	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.