

Choco Fever Dream

High Protein Cottage Cheese Pumpkin 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 (full-fat)
- [ ] 1 cup pumpkin puree
- [ ] 3 large eggs
- [ ] 2 tbsp honey
- [ ] 1 tsp cinnamon
- [ ] ½ tsp nutmeg
- [ ] 1 tsp lemon zest
- [ ] ½ tsp vanilla extract
- [ ] Pinch of salt

Optional Toppings

- [ ] Toasted pumpkin seeds
- [ ] Extra honey drizzle
- [ ] A sprinkle of cinnamon

Instructions

1. Preheat the oven to 350°F (175°C) and lightly grease an 8-inch square baking dish.
2. In a large bowl, whisk together cottage cheese, pumpkin puree, and eggs until smooth; the mixture will look velvety.
3. Add honey, cinnamon, nutmeg, lemon zest, vanilla, and a pinch of salt; fold gently so the batter stays airy.
4. Pour the batter into the prepared dish, smooth the top, and bake for 30-35 minutes until a light golden crust forms.
5. Allow the bake to cool 5 minutes, then sprinkle toasted pumpkin seeds or drizzle extra honey before serving.

Nutrition per serving

320 kcal	22 g	28 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra sweetness, add an additional tablespoon of honey to the batter.
- A dash of pumpkin spice can replace the individual spices for a quick shortcut.
- For a richer flavor, roast the pumpkin puree yourself before mixing.