

Choco Fever Dream

Two-Ingredient Cottage Cheese Tots

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- ▢ 2 cups cottage cheese (well-drained)
- ▢ 2 large eggs

Optional Seasoning

- ▢ ¼ tsp sea salt
- ▢ ¼ tsp black pepper
- ▢ Optional: 1 tsp dried herbs or a pinch of paprika

Instructions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment or a silicone mat.
2. In a bowl, combine the drained cottage cheese with the eggs. Mix gently until just combined; avoid over-mixing.
3. Spoon the mixture onto the prepared sheet, shaping each into a small tot about the size of a walnut.
4. If desired, sprinkle each tot with a pinch of salt, pepper, and herbs.
5. Bake for 15-20 minutes, turning halfway, until the tops are golden and the edges crisp.
6. Remove, let cool for a couple of minutes, then serve warm with your favorite dip.

Nutrition per serving

120 kcal	12 g	4 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat the cottage cheese dry; excess moisture prevents crisping.
- For extra crunch, lightly spray the tots with cooking oil before baking.
- Experiment with a dash of grated Parmesan for a richer flavor.