

Zucchini Bread Recipes

Cottage Cheese Pumpkin Bake – High Protein Delight

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup cottage cheese
- [ ] 1 cup pumpkin puree
- [ ] 2 large eggs
- [ ] 1/4 cup honey
- [ ] 1 tsp cinnamon
- [ ] 1/2 tsp nutmeg
- [ ] 1/4 tsp ginger
- [ ] Zest of one lemon
- [ ] 2 tbsp olive oil
- [ ] 1/2 cup whole-wheat flour

Optional Add-ins

- [ ] 1/4 cup toasted pumpkin seeds
- [ ] 2 tbsp maple syrup

Instructions

1. Preheat the oven to 350°F (175°C) and lightly grease a loaf pan; the warm oven greets the batter gently.
2. In a bowl, whisk together eggs, honey, and olive oil until smooth; I mean, you'll notice a faint glossy sheen.
3. Stir in pumpkin puree, spices, and lemon zest; the aroma starts to fill the room, reminding me of autumn markets.
4. Fold in cottage cheese and flour just until combined; avoid over-mixing, or the bake could turn dense.
5. Pour the batter into the prepared pan, sprinkle pumpkin seeds on top, and bake for 25-30 minutes until a toothpick comes out clean.
6. Let the bake rest for five minutes, then remove from the pan; slice and serve warm.

Nutrition per serving

280 kcal	14 g	30 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- Allow the batter to come to room temperature before mixing for even texture.
- If you prefer extra sweetness, drizzle a little maple syrup after baking.
- A pinch of sea salt enhances the flavors without making it salty.