

Zucchini Bread Recipes

Lemon Blueberry Cottage Cheese Protein Bites

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 cup cottage cheese
- [ ] 1 tablespoon lemon zest
- [ ] 2 tablespoons fresh lemon juice
- [ ] 1/3 cup honey
- [ ] 1 teaspoon vanilla extract
- [ ] 1/2 cup almond flour
- [ ] 1 cup fresh blueberries

Instructions

1. Drain the cottage cheese in a fine-mesh sieve for a few minutes, then transfer to a mixing bowl.



2. Add lemon zest, lemon juice, honey, and vanilla; stir gently until everything is evenly combined.



3. Fold in almond flour, mixing just until the batter holds together without being too sticky.



4. Using a small scoop, roll the mixture into bite-size balls, then press a few fresh blueberries onto each.



5 Place the bites on a parchment-lined tray and chill for at least 20 minutes before serving.



Nutrition per serving

95 kcal	6 g	12 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels loose, add a teaspoon more almond flour at a time.
- For extra zing, sprinkle a pinch of sea salt on each bite before chilling.
- These bites pair wonderfully with a cold glass of herbal tea or sparkling water.