

Zucchini Bread Recipes

Viral Pumpkin Cottage Cheese Bake - Healthy Recipe

10 min Prep time	**40 min** Cook time	**50 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups (16 oz) full-fat cottage cheese, room temperature
- [ ] 1 (15 oz) can pure pumpkin puree
- [ ] 3 large eggs, room temperature
- [ ] 1/3 cup pure maple syrup
- [ ] 1 teaspoon vanilla extract

Spices and Flavor

- [ ] 2 teaspoons pumpkin pie spice
- [ ] 1/2 teaspoon ground cinnamon
- [ ] 1/4 teaspoon salt

Instructions

1. Preheat your oven to 350°F (175°C). Grease an 8x8 inch baking dish or a 9-inch pie plate with a little butter or non-stick spray. Honestly, this first step just makes cleanup so much easier later.
2. If you want a super smooth texture, place the room-temperature cottage cheese in a bowl and use an immersion blender to blend until creamy and almost no curds remain. You can skip this, but it makes for a more uniform bake. It only takes a minute, and it's worth it.
3. In a large mixing bowl, combine the cottage cheese (blended or not), pumpkin puree, eggs, maple syrup, and vanilla extract. Whisk everything together until it's well combined and smooth. You want to see a consistent, creamy orange color throughout.
4. Add the pumpkin pie spice, cinnamon, and salt to the wet mixture. Whisk again until all the spices are fully incorporated. Take a quick taste—you can adjust the sweetness or spice here if you like.
5. Pour the entire mixture into your prepared baking dish. Use a spatula to smooth the top so it's nice and even. It should look like a thick, spiced custard at this point.
6. Bake for 35-45 minutes, or until the edges are set and the center has just a slight jiggle when you gently shake the pan. It will puff up a bit, which is normal. You don't want to overbake it, or it can become dry.
7. Remove the bake from the oven and place it on a wire rack. Let it cool for at least 15-20 minutes before slicing. This resting time is crucial for it to set properly. It's a lesson in patience, but it pays off.

8 Serve warm, at room temperature, or even chilled. A little dusting of cinnamon on top makes it look pretty. It’s a wonderfully gluten-free option that feels like a real treat.

Nutrition per serving

145 kcal	11 g	15 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a nutty crunch, sprinkle chopped pecans or walnuts on top before baking.
- Leftovers keep covered in the refrigerator for up to 4 days.
- This is not an overly sweet dish; it's perfect for breakfast. Add more maple syrup if you prefer a dessert-level sweetness.