

Helergon Kitchen

# Lemon Blueberry Cottage Cheese Protein Bites

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| **15 min**<br>Prep time | **15 min**<br>Total time | **12**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | **Snack**<br>Course |

## Ingredients

### Main Ingredients

- [ ] 1 cup cottage cheese, well-drained
- [ ] 1 tablespoon lemon zest
- [ ] 2 tablespoons fresh lemon juice
- [ ] 1/3 cup blueberries, fresh or thawed
- [ ] 1 tablespoon honey (optional)
- [ ] 1/2 teaspoon vanilla extract

## Instructions

1. Pat the cottage cheese gently with a paper towel to remove excess liquid; this helps the bites hold their shape.
2. In a bowl, combine the cheese, lemon zest, lemon juice, honey, and vanilla; stir until everything is smooth and fragrant.
3. Fold in the blueberries carefully, trying not to crush them, so each bite gets a burst of juice.
4. Spoon the mixture into a silicone mold or a mini muffin tray, smoothing the tops with the back of a spoon.
5. Refrigerate for at least 30 minutes, then pop them out and enjoy. If you like, drizzle a tiny bit more honey on top before serving.

### Nutrition per serving

| 95 kcal | 6 g | 12 g | 3 g |
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| Calories | Protein | Carbs | Fat |

**Tips & notes**

- If the mixture feels too loose, add a teaspoon of chia seeds to help bind.
- For a richer flavor, let the mixture rest for 10 minutes before folding in berries.
- Serve chilled for the best texture; they soften quickly at room temperature.