

Bite Spoon

Lemon Blueberry Cottage Cheese Protein Bites

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 cup cottage cheese
- [ ] ½ cup fresh blueberries
- [ ] 1 tablespoon honey
- [ ] 1 teaspoon lemon zest
- [ ] 1 tablespoon fresh lemon juice
- [ ] ½ teaspoon vanilla extract
- [ ] Pinch of sea salt

Instructions

1. In a medium bowl, combine cottage cheese, honey, vanilla, and sea salt; stir until smooth.
2. Add lemon zest and lemon juice; fold gently to incorporate the bright citrus flavor.
3. Wash blueberries, pat dry, and fold them into the mixture, ensuring they stay whole.
4. Using a tablespoon, scoop the mixture onto a parchment-lined tray, shaping bite-size balls.
5. Cover and refrigerate for at least 20 minutes to firm up before serving.

Nutrition per serving

120 kcal	9 g	15 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too wet, strain the cottage cheese briefly.
- For extra zing, add a little extra lemon zest on top before chilling.
- These bites pair nicely with a cup of green tea or a glass of sparkling water.