

Bite Spoon

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

- [ ] 1 (15 oz) can pure pumpkin puree
- [ ] 2 cups full-fat cottage cheese
- [ ] 3 large eggs
- [ ] 1/4 cup pure maple syrup
- [ ] 2 teaspoons pumpkin pie spice
- [ ] 1 teaspoon vanilla extract
- [ ] 1/4 teaspoon salt

Optional Toppings

- [ ] Extra maple syrup for drizzling
- [ ] Chopped pecans or walnuts
- [ ] A sprinkle of additional pumpkin pie spice

Instructions

1. Preheat your oven to 350°F (175°C). Grease an 8x8 inch baking dish well with butter or cooking spray. Honestly, this step is important so it doesn't stick.
2. In a large mixing bowl, combine the pumpkin puree, cottage cheese, eggs, maple syrup, pumpkin pie spice, vanilla, and salt. Use a whisk to mix everything together until it's as smooth as you can get it. Don't worry if there are a few small cottage cheese curds; they'll melt in.
3. Pour the batter into your prepared baking dish and spread it out into an even layer. You can give it a little shake to level it out.
4. Bake for 35-45 minutes, until the edges are set and the center has just a slight jiggle when you shake the pan. It will puff up a bit and look beautiful. Ovens vary, so start checking around the 35-minute mark.
5. Remove from the oven and let it cool in the pan for at least 15-20 minutes before slicing. This waiting is the hardest part, I know, but it helps it set up perfectly. Serve warm, at room temperature, or cold.

Nutrition per serving

145 kcal	12 g	14 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- Store leftovers covered in the refrigerator for up to 4 days.
- For a smoother texture, you can blend the cottage cheese with the other wet ingredients in a blender first.
- This is not overly sweet. If you prefer a sweeter bake, you can increase the maple syrup by a tablespoon or two.