



Cottage Cheese Cookie Dough

Description

This edible cottage cheese cookie dough is the ultimate protein-packed dessert! It's gluten-free, egg-free, naturally sweetened and comes together in just 10 minutes with 7 simple ingredients.

- Prep Time 10 minutes mins
- Total Time 10 minutes mins
- Servings: 6

Equipment

- blender
- food processor

Ingredients

- 1 cup cottage cheese
- 2 Tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1 cup fine almond flour
- 1 Tablespoon natural peanut butter or almond butter
- ¼ cup vanilla protein powder I used Nuzest
- ½ cup chocolate chips

Instructions

- In a blender or food processor blend together the cottage cheese, maple syrup and vanilla until smooth.

- Transfer to a mixing bowl and stir in the almond flour, protein powder and peanut butter until well incorporated.
- Gently fold in the chocolate chips.
- Store in an airtight container in the refrigerator.

Notes

- **Cottage Cheese:** You can use whatever variety you like, but if you use small curd you won't need as much almond flour

Nutrition

Serving: 1/6 recipe | Calories: 231kcal | Carbohydrates: 16g | Protein: 14g | Fat: 14g | Saturated Fat: 2g
| Cholesterol: 6mg | Sodium: 171mg | Potassium: 196mg | Fiber: 5g | Sugar: 7g

Category

1. High Protein Recipes

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