Two-Ingredient Cottage Cheese Tots: A Quick and Healthy Snack

Description

Looking for a healthy snack thatâ??s quick to make and delicious? These **Two-Ingredient Cottage Cheese Tots** are the answer! With just two simple ingredients, you can whip up a crispy, protein-packed treat thatâ??s perfect for any time of day. Theyâ??re easy to prepare, satisfying, and a great way to get a healthy dose of protein in every bite!

Ingredients:

- 1 cup cottage cheese (full-fat or low-fat)
- 1 cup frozen hash browns (thawed)

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Instructions:

1. **Prepare the Hash Browns:** Thaw the frozen hash browns completely. You can either leave them at room temperature or use the microwave to speed up the process. Once thawed, squeeze out any excess moisture to ensure a crispy texture.
2. **Mix the Ingredients:** In a large mixing bowl, combine the cottage cheese and thawed hash browns. Stir the mixture until well combined.
3. **Shape the Tots:** Using your hands or a spoon, shape the mixture into small tot-shaped bites. Make sure to pack them tightly so they hold their shape during baking.
4. **Bake:** Preheat your oven to 400Â°F (200Â°C). Place the shaped tots on a baking sheet lined with parchment paper or lightly greased. Bake for 15-20 minutes, flipping them halfway through, until they are golden and crispy.
5. **Serve and Enjoy:** Once the tots are crispy and golden, remove them from the oven and allow them to cool for a couple of minutes before serving. Enjoy them on their own or with a dipping sauce of your choice.

Why Youâ??ll Love These Two-Ingredient Cottage Cheese Tots:

- **Quick and Easy:** With only two ingredients, these tots come together in no time, making them the perfect snack when youâ??re in a rush.
- **Packed with Protein:** Cottage cheese adds a healthy protein boost to these tots, making them a great option for a satisfying snack or light meal.
- **Crispy and Delicious:** These tots have a crispy exterior and soft, cheesy interior, providing the perfect texture with every bite.

Conclusion:

These **Two-Ingredient Cottage Cheese Tots** are simple, tasty, and healthy! With minimal effort and just two ingredients, you can enjoy a crispy snack thatâ??s both filling and nutritious. Give them a try today and enjoy a healthier twist on your favorite snack!

Category

1. High Protein Recipes

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