

High-Protein Cottage Cheese Treats - Perfect for Snacking or Sharing

Crispy Cottage Cheese Treats



OVEN
375°F

TIME
12 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

1 cup cottage cheese, well-drained
... cup grated Parmesan cheese
... cup almond flour
‰ tsp garlic powder
‰ tsp paprika
1 egg, beaten
Salt and pepper, to taste
Olive oil spray, for crisping

DIRECTIONS

1. Preheat and Prep: Preheat oven to 400°F (200°C).
2. Line a baking sheet with parchment paper for easy cleanup.
3. Mix the Batter: In a bowl, combine: Drained cottage cheese
4. Parmesan
5. Almond flour
6. Garlic powder, paprika, salt, and pepper
7. Mix until a cohesive batter forms.
8. Shape the Bites: Shape into small balls or patties with your hands.
9. Dip each piece into the beaten egg, coating fully.
10. Place on the prepared baking sheet.
11. Crisp and Bake: Lightly spray the tops with olive oil spray.
12. Bake for 15-20 minutes, until golden brown and crispy on the outside.

SWAPS & NOTES

Cottage cheese : Drain well-too much moisture makes it hard to shape.

Parmesan : Adds saltiness and crispiness.

You can sub with sharp cheddar or a dairy-free option if needed.

Almond flour : Coconut flour or crushed pork rinds can be used for texture variations.

TIPS FOR SUCCESS

Drain the cottage cheese : Too wet, and they'll spread instead of hold their shape.

Size matters : Keep portions uniform to ensure even baking.

Get creative with spices : Try Italian seasoning, cumin, or chili flakes.

Serve with marinara, tzatziki, or sriracha yogurt.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/high-protein-cottage-cheese-treats-perfect-for-snacking-or-sharing/>