

Healthy Breakfast Bake with Cottage Cheese and Blueberries

Start your morning on a sweet, wholesome note with this



OVEN
375°F

TIME
40 min

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INGREDIENTS

For the Bake:

- 2 cups cottage cheese
- 4 large eggs
- 1/4 cup honey or maple syrup
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1 cup fresh or frozen blueberries

For the Oat Crumble Topping:

- 1/2 cup rolled oats
- 1/4 cup almond flour (or all-purpose flour)
- 2 tablespoons melted butter or coconut oil
- 1 tablespoon honey or maple syrup
- 1/4 teaspoon cinnamon

DIRECTIONS

- 1.** Preheat & Prep: Set your oven to 375°F (190°C) and grease an 8x8-inch baking dish with butter or nonstick spray.
- 2.** Blend the Base: In a blender or food processor, combine:
- 3.** 2 cups cottage cheese
- 4.** 4 eggs
- 5.** 1/4 cup honey
- 6.** 1 tsp vanilla extract
- 7.** 1/2 tsp cinnamon Blend until the mixture is smooth and creamy.
- 8.** Add the Blueberries: Pour the blended base into your baking dish. Gently fold in 1 cup of blueberries, spreading them evenly.
- 9.** Make the Crumble Topping: In a small bowl, combine:
- 10.** 1/2 cup oats
- 11.** 1/4 cup almond flour
- 12.** 2 tbsp melted butter or coconut oil
- 13.** 1 tbsp honey
- 14.** 1/4 tsp cinnamon Stir until crumbly. Sprinkle evenly over the cottage cheese mixture.
- 15.** Bake: Place in the oven and bake for 35-40 minutes, or until the top is golden and the center is set.
- 16.** Cool & Slice: Let cool for 10 minutes before slicing. Serve warm, at room temperature, or chilled-your call!

SWAPS & NOTES

& Swaps Cottage cheese : Full-fat cottage cheese gives the creamiest texture, but low-fat also works.

Blueberries : Use fresh when in season, or frozen straight from the bag (no need to thaw).

Sweetener : Swap honey for maple syrup, agave, or monk fruit syrup to fit your preference.

Flour options : Sub almond flour with oat flour or all-purpose if preferred.

TIPS FOR SUCCESS

? Don't overbake-check for doneness at 35 minutes.

Use parchment paper for easy lifting and cleanup.

This also works beautifully in individual ramekins for portion control.

What to Serve With It Round out your morning with one of these easy and delicious breakfast options: 3-Ingredient Oatmeal Breakfast Cookies One-Pan Breakfast Bake Viral Cottage Cheese Pancake Easy Pumpkin Spice Muffins Chocolate Chip Cookie Bites

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

Original recipe: <https://chefmaniac.com/healthy-breakfast-bake-with-cottage-cheese-and-blueberries/>