

## Peach Blueberry Fluff Salad: Creamy, Fruity & Easy No-Bake Dessert

To whip up this light and fruity fluff salad, you'll need:



**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

**SOURCE**  
**ChefManiac**

**BINDER**  
**Ready**

### INGREDIENTS

- 1 container cottage cheese (24 ounces)
- 1 box vanilla pudding mix (3.5 ounces, instant not cooked)
- 2 cans peaches (29 ounces each), in light syrup or juice
- 1 pint blueberries, fresh
- 1 container whipped topping (8 ounces), thawed if frozen

### DIRECTIONS

- 1. Prepare : Peaches:** Start by draining the two cans of peaches thoroughly. You want to remove as much liquid as possible to prevent a watery salad. Once drained, cut them into bite-sized pieces if they are not already.
- 2. Combine : Cheese and Pudding:** In a large mixing bowl, combine the 24 ounces of cottage cheese and the 3.5-ounce box of vanilla pudding mix. Use a whisk or a rubber spatula to mix them together until the mixture is smooth and the pudding powder is fully incorporated and begins to thicken the cottage cheese slightly.
- 3. Fold in : Fruits:** Gently fold in the chopped peaches and the 1 pint of fresh blueberries into the cottage cheese and pudding mixture. Stir carefully to distribute the fruit evenly without crushing the delicate blueberries.
- 4. Add : Whipped Topping:** Finally, add the 8-ounce container of thawed whipped topping. Gently fold it into the fruit and cheese mixture until everything is beautifully combined and the salad takes on a light, airy, "fluffy" consistency. Be gentle to maintain the airiness of the whipped topping.
- 5. Chill (Optional but Recommended):** For best results, cover the bowl and chill the fluff salad in the refrigerator for at least 1-2 hours before serving. This allows the flavors to meld and the pudding to fully set, creating a firmer, creamier texture.
- 6. Enjoy this light and fruity salad as a delightful dessert or side dish!**

## SWAPS & NOTES

Cottage Cheese: While 24 ounces is specified, you can adjust slightly.

Use small curd cottage cheese for a smoother texture, or large curd if you don't mind a little more texture.

Some prefer to blend the cottage cheese first for an ultra-smooth base.

Vanilla Pudding Mix: Ensure you use instant vanilla pudding mix, not the cook-and-serve kind.

### TIPS FOR SUCCESS

**Drain Fruits Well:** This is critical!

Excess liquid from the peaches (and any other canned or frozen fruit) will make your fluff watery.

**Instant Pudding:** Make sure you're using instant pudding mix.

**Gentle Folding:** When adding the whipped topping, fold it in gently to maintain its airy texture.

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

Original recipe: <https://chefmaniac.com/peach-blueberry-fluff-salad-creamy-fruity-easy-no-bake-dessert/>