

Cottage Cheese Pizza Buns (High-Protein, Kid-Friendly & Meal Prep Approved!)

Cottage Cheese Pizza Buns ?



OVEN
400°F

TIME
30 min

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INGREDIENTS

- 1 heaping cup thick cottage cheese (use a high-quality, thick variety)
- 2 eggs
- 1 tablespoon Italian seasoning
- $\frac{1}{2}$ cup all-purpose flour
- 1 teaspoon baking powder
- 1 cup shredded mozzarella, divided
- $\frac{1}{2}$ cup marinara sauce
- Pepperoni, salami, or toppings of choice (optional)

DIRECTIONS

1. Preheat: Preheat your oven to 400°F. Line a baking sheet with parchment paper.
2. Mix the Base: In a large bowl, combine:
3. Cottage cheese
4. Eggs
5. Italian seasoning
6. Baking powder
7. Flour
8. $\frac{1}{2}$ cup shredded mozzarella
9. Mix until fully combined.
10. Form the Buns: Using a cookie scoop, portion out 9 buns onto your prepared baking sheet. Gently press each one down slightly to flatten.
11. Add Toppings: Top each bun with:
12. A spoonful of marinara
13. Remaining mozzarella
14. Your favorite toppings
15. Bake: Bake for 25 minutes, or until golden and set.
16. Let cool slightly before serving.

SWAPS & NOTES

& Swaps Use Thick Cottage Cheese: This is key.

If your cottage cheese is too watery, the buns will spread and flatten.

Flour Options: All-purpose flour works perfectly, but you can experiment with whole wheat flour for added fiber.

Cheese Swaps: Try part-skim mozzarella, provolone, or even a sprinkle of parmesan for extra flavor.

TIPS FOR SUCCESS

Don't skip pressing them down slightly before baking.

If your mixture feels too wet, add 1-2 tablespoons of flour.

Let them cool for 5 minutes before removing from the pan.

For extra crispiness, broil for 1-2 minutes at the end.

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

Original recipe: <https://chefmaniac.com/cottage-cheese-pizza-buns-high-protein-kid-friendly-meal-prep-approved/>