

## Lemon Blueberry Cottage Cheese Protein Bites: A Fresh High-Protein Snack

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**OVEN**  
**350°F**

**TIME**  
**12 to 15 min**

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### INGREDIENTS

- 1 cup cottage cheese (220 g)
- 1 cup almond flour (100 g)
- 1/4 cup honey or low-carb sweetener
- 1 tablespoon lemon zest
- 1 tablespoon lemon juice
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup blueberries

### DIRECTIONS

1. Preheat your oven to 350°F and line a baking tray with parchment paper.
2. Blend the cottage cheese until smooth and creamy.
3. In a mixing bowl, stir together the blended cottage cheese, honey or sweetener, lemon zest, lemon juice, and vanilla extract.
4. Add the almond flour, baking powder, and salt, then mix until a soft dough forms.
5. Gently fold in the blueberries so they stay mostly intact.
6. Scoop and shape the mixture into small balls and place them on the prepared tray.
7. Bake for 12 to 15 minutes, or until the bites are set and lightly golden.
8. Let them cool completely before serving so the texture firms up nicely.
9. They come out tender, lightly golden, and beautifully fragrant with lemon. Once cooled, they're easy to pack up for snacks throughout the week.

### SWAPS & NOTES

This recipe is flexible, which makes it even more useful for everyday baking.

Honey gives the bites a gentle natural sweetness, but a low-carb sweetener works well if you're trying to keep sugar lower.

Fresh blueberries are wonderful here, but you can also use frozen blueberries if that's what you have on hand.

Just fold them in carefully and expect the batter to pick up a little extra color.

## TIPS FOR SUCCESS

One of the best tips for this recipe is to blend the cottage cheese thoroughly.

That simple step creates a much smoother batter and helps the protein bites bake up with a more even texture.

If the cottage cheese stays too chunky, the dough can feel uneven.

It also helps to fold the blueberries in gently.

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

Original recipe: <https://chefmaniac.com/lemon-blueberry-cottage-cheese-protein-bites-a-fresh-high-protein-snack/>