

High-Protein Cottage Cheese Pizza Bowl That Satisfies Every Pizza Craving

Microwave, Oven, or Air Fryer



OVEN
400°F

TIME
10 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

2 cups cottage cheese
1/2 cup marinara or pizza sauce
1 cup shredded mozzarella cheese
1/3 cup mini pepperoni or chopped regular pepperoni
1/4 teaspoon garlic powder
1/2 teaspoon Italian seasoning
1/4 teaspoon crushed red pepper flakes, optional
2 tablespoons grated Parmesan cheese
2 tablespoons chopped fresh basil or parsley, optional
Sliced black olives, diced bell peppers, mushrooms, or cooked sausage, optional toppings

DIRECTIONS

1. Preheat if baking. If using the oven, preheat to 400°F. If using an air fryer, preheat according to your model.
2. Build the base. Divide the cottage cheese between two oven-safe ramekins or bowls.
3. Add the sauce. Spoon the marinara or pizza sauce evenly over each bowl.
4. Season it up. Sprinkle with garlic powder, Italian seasoning, and crushed red pepper flakes if using.
5. Layer the toppings. Add the mozzarella, pepperoni, Parmesan, and any extra toppings you like.
6. Cook until hot and melty. Microwave: Heat for 1 to 2 minutes, or until warmed through and the cheese is melted.
7. Oven: Bake for 8 to 10 minutes, until hot and bubbly.
8. Air fryer: Cook at 375°F for about 5 to 7 minutes, until the cheese is melted and lightly golden.
9. Finish and serve. Top with basil or parsley if desired and serve hot.

SWAPS & NOTES

without making a full pie, this High-Protein Cottage Cheese Pizza Bowl is exactly where I turn.

It's warm, saucy, loaded with melty cheese, and packed with protein in a way that makes it feel both satisfying and surprisingly smart.

You get all those classic pizza flavors like marinara, mozzarella, pepperoni, and Italian seasoning, but tucked into an easy bowl that comes together fast.

This is one of those recipes that feels tailor-made for busy days.

TIPS FOR SUCCESS

Choose a thick marinara or pizza sauce so the bowl stays rich and scoopable instead of watery.

If your cottage cheese seems especially wet, you can drain off a little excess liquid before assembling.

Don't overload the bowls with too many toppings the first time you make them.

A few well-chosen toppings melt and heat more evenly, which keeps the whole thing tasting balanced and pizza-like rather than heavy.

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

Original recipe: <https://chefmaniac.com/high-protein-cottage-cheese-pizza-bowl-that-satisfies-every-pizza-craving/>