



Healthy Eating

Adding More Protein Using Cottage Cheese

1. Blend into smoothies

Cottage cheese adds a creamy texture and a strong protein boost to any smoothie. It blends well with fruits like berries, bananas, and peaches. This helps keep you full longer while adding a velvety consistency without extra sugar.

2. Use as a toast spread

Spread cottage cheese on whole-grain toast to create a balanced meal or snack. Add sliced fruit, chia seeds, or cinnamon for natural sweetness and fiber. This combination supports steady blood sugar and provides staying power.

3. Mix into scrambled eggs

Adding cottage cheese to scrambled eggs increases the protein content and makes them extra fluffy. It melts gently into the eggs, creating a rich texture without adding heavy cream. This is a simple way to make breakfast more satisfying.

4. Top baked potatoes

Use cottage cheese instead of sour cream for a lighter, protein-rich topping. It pairs well with chives, black pepper, or roasted vegetables. This swap boosts nutrition while maintaining the creamy texture people enjoy.

5. Add to pasta dishes

Stir cottage cheese into warm pasta for a creamy, Alfredo-like feel without the excess fat. It blends especially well in tomato, pesto, or roasted veggie pasta dishes. The added protein supports fullness and balanced meals.

6. Stir into oatmeal

Mixing cottage cheese into oatmeal adds creaminess and boosts the protein content significantly. It works well with warm spices like cinnamon and nutmeg or with berries and nuts. This combination helps support energy and stable blood sugar through the morning.

7. Serve as a veggie dip

Blend or whip cottage cheese to create a smooth, savory dip for raw vegetables. Adding herbs, garlic powder, or lemon brightens the flavor. It offers a nutrient-dense alternative to traditional high-fat dips.

8. Use in pancake or waffle batter

Incorporating cottage cheese into the batter makes pancakes or waffles tender and high in protein. It provides moisture and structure without needing additional fats. This is a great way to make breakfast more satisfying and long-lasting.

