

Helergon Kitchen

Lemon Blueberry Cottage Cheese Protein Bites

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 cup cottage cheese, well-drained
- [ ] 1 tablespoon lemon zest
- [ ] 2 tablespoons fresh lemon juice
- [ ] 1/3 cup blueberries, fresh or thawed
- [ ] 1 tablespoon honey (optional)
- [ ] 1/2 teaspoon vanilla extract

Instructions

1. Pat the cottage cheese gently with a paper towel to remove excess liquid; this helps the bites hold their shape.
2. In a bowl, combine the cheese, lemon zest, lemon juice, honey, and vanilla; stir until everything is smooth and fragrant.
3. Fold in the blueberries carefully, trying not to crush them, so each bite gets a burst of juice.
4. Spoon the mixture into a silicone mold or a mini muffin tray, smoothing the tops with the back of a spoon.
5. Refrigerate for at least 30 minutes, then pop them out and enjoy. If you like, drizzle a tiny bit more honey on top before serving.

Nutrition per serving

95 kcal	6 g	12 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too loose, add a teaspoon of chia seeds to help bind.
- For a richer flavor, let the mixture rest for 10 minutes before folding in berries.
- Serve chilled for the best texture; they soften quickly at room temperature.