



Starter Pack

5 essential cottage cheese recipes to get you started. From fluffy pancakes to creamy protein pudding, these are the best beginner-friendly recipes!

5 Macro-Verified Recipes

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What's Inside

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| 1. Classic Cottage Cheese Pancakes | 25g protein |
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| 2. Cottage Cheese Flatbread | 14g protein |
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| 3. Cottage Cheese Protein Brownies | 20g protein |
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| 4. Cottage Cheese Protein Pudding | 35g protein |
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| 5. Cottage Cheese Breakfast Bowl | 28g protein |
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|  Combined Shopping List |
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Classic Cottage Cheese Pancakes

🕒 Prep: 5min

🔥 Cook: 15min

🇮🇹 Total: 20min

🍳 Yield: 12 pancakes

⚡ Easy

280

CALORIES

25g

PROTEIN

28g

CARBS

8g

FAT

Ingredients

- 225g cottage cheese
- 3 large eggs
- 60g oat flour
- 5g vanilla extract
- 3g baking powder
- 2g cinnamon
- pinch of salt

Instructions

Step 1: Blend — Add cottage cheese, eggs, and vanilla extract to a blender. Blend on high for 30 seconds until completely smooth with no lumps remaining.

Step 2: Mix Dry — Add oat flour, baking powder, cinnamon, and salt to the blender. Pulse 3-4 times until just combined. Do not over-blend.

Step 3: Heat Pan — Heat a non-stick pan or griddle over medium heat. Lightly grease with cooking spray or a small amount of butter.

Step 4: Cook — Pour about 60ml of batter per pancake onto the pan. Cook for 2-3 minutes until bubbles form on the surface and edges look set.

Step 5: Flip — Carefully flip each pancake and cook for another 1-2 minutes until golden brown on both sides.

Step 6: Serve — Serve warm topped with fresh berries, a drizzle of maple syrup, or Greek yogurt for extra protein.

Per serving (3 pancakes): 280 cal | 25g protein | 28g carbs | 8g fat

Cottage Cheese Flatbread

🕒 Prep: 5min

🔥 Cook: 10min

🇮🇹 Total: 15min

🍴 Yield: 4 flatbreads

⚡ Easy

185

CALORIES

14g

PROTEIN

24g

CARBS

4g

FAT

Ingredients

- 225g cottage cheese
- 150g all-purpose flour
- 3g salt
- 5g olive oil

Instructions

Step 1: Mix — Combine cottage cheese, flour, and salt in a bowl. Mix with a fork until a shaggy dough forms. If too sticky, add a bit more flour.

Step 2: Knead — Turn onto a lightly floured surface and knead briefly for 1 minute until smooth. Divide into 4 equal portions.

Step 3: Roll — Roll each portion into a thin circle, about 3mm thick. Dust with flour to prevent sticking.

Step 4: Cook — Heat a dry non-stick pan or cast iron skillet over medium-high heat. Cook each flatbread for 1-2 minutes per side until golden spots appear and bread puffs slightly.

Step 5: Finish — Brush with a tiny amount of olive oil while warm. Stack and wrap in a clean towel to keep soft.

Per serving (1 flatbread): 185 cal | 14g protein | 24g carbs | 4g fat

Cottage Cheese Protein Brownies

🕒 Prep: 10min 🔥 Cook: 22min 🇮🇹 Total: 32min 🍴 Yield: 9 brownies ⚡ Easy

180

CALORIES

20g

PROTEIN

18g

CARBS

7g

FAT

Ingredients

- 225g cottage cheese
- 2 large eggs
- 40g cocoa powder
- 30g chocolate protein powder
- 60g maple syrup
- 50g oat flour
- 3g baking powder
- 45g dark chocolate chips
- 5g vanilla extract
- pinch of salt

Instructions

Step 1: Preheat — Preheat oven to 175°C (350°F). Line a 20×20cm baking pan with parchment paper.

Step 2: Blend — Add cottage cheese, eggs, cocoa powder, protein powder, maple syrup, and vanilla to a blender. Blend until completely smooth.

Step 3: Mix — Add oat flour, baking powder, and salt. Pulse to combine. Fold in half the chocolate chips.

Step 4: Bake — Pour batter into prepared pan. Top with remaining chocolate chips. Bake 20-22 minutes until a toothpick comes out with moist crumbs (not wet batter).

Step 5: Cool — Let cool completely in the pan before cutting into 9 squares. They firm up significantly as they cool.

Per serving (1 brownie): 180 cal | 20g protein | 18g carbs | 7g fat

Cottage Cheese Protein Pudding

🕒 Prep: 3min

🔥 Cook: 0min

📊 Total: 3min

🍽️ Yield: 1 serving

⚡ Easy

210

CALORIES

35g

PROTEIN

12g

CARBS

5g

FAT

Ingredients

- 225g cottage cheese
- 30g chocolate protein powder
- 15g cocoa powder
- 15g honey or sweetener
- 30ml milk
- 3g vanilla extract

Instructions

Step 1: Blend — Add cottage cheese, protein powder, cocoa powder, honey, milk, and vanilla to a blender or food processor.

Step 2: Process — Blend on high for 45-60 seconds until perfectly smooth and thick. Scrape sides and blend again if needed.

Step 3: Adjust — Taste and adjust sweetness. Add a splash more milk if you prefer a thinner consistency.

Step 4: Serve — Transfer to a bowl and enjoy immediately, or refrigerate for 30 minutes for a firmer, mousse-like texture. Top with your favorite toppings.

Per serving (1 bowl): 210 cal | 35g protein | 12g carbs | 5g fat

Cottage Cheese Breakfast Bowl

 Prep: 5min  Cook: 0min  Total: 5min  Yield: 1 serving  Easy

| | | | |
|------------------------|-----------------------|---------------------|-------------------|
| 350 CALORIES | 28g PROTEIN | 38g CARBS | 10g FAT |
|------------------------|-----------------------|---------------------|-------------------|

Ingredients

- 225g cottage cheese
- 80g fresh mixed berries
- 30g granola
- 15g honey
- 10g chia seeds
- 15g almond butter

Instructions

Step 1: Base — Add cottage cheese to a bowl. For an extra smooth texture, blend briefly or whip with a fork for 30 seconds.

Step 2: Top — Arrange fresh berries on top. Add granola for crunch and sprinkle with chia seeds.

Step 3: Drizzle — Add a spoonful of almond butter and drizzle with honey.

Step 4: Serve — Enjoy immediately while the granola is still crunchy. Customize with your favorite seasonal fruits and toppings.

Per serving (1 bowl): 350 cal | 28g protein | 38g carbs | 10g fat



Combined Shopping List

Everything you need to make all 5 recipes in this pack.

Dairy & Eggs

- ☐ 225g cottage cheese
- ☐ 3 large eggs
- ☐ 30ml milk
- ☐ 15g almond butter

Dry Ingredients

- ☐ 60g oat flour
- ☐ 3g baking powder
- ☐ pinch of salt
- ☐ 150g all-purpose flour
- ☐ 3g salt
- ☐ 40g cocoa powder
- ☐ 30g chocolate protein powder

Other

- ☐ 5g vanilla extract
- ☐ 2g cinnamon
- ☐ 5g olive oil
- ☐ 60g maple syrup
- ☐ 45g dark chocolate chips
- ☐ 15g honey or sweetener
- ☐ 80g fresh mixed berries
- ☐ 30g granola
- ☐ 15g honey
- ☐ 10g chia seeds

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