

Treasure Barrel

Blueberry Lemon Zest Cottage Cheese Bites

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 cup low-fat cottage cheese
- [ ] 1/2 cup fresh blueberries
- [ ] 1 tsp lemon zest (about 1 lemon)
- [ ] 1 tsp fresh lemon juice
- [ ] 1 tbsp honey (optional)
- [ ] Pinch of sea salt

Instructions

1. Gather all ingredients; rinse blueberries, zest and juice the lemon, and set cottage cheese out for a few minutes.
2. In a mixing bowl, stir the cottage cheese with lemon juice and zest until lightly fragrant.
3. Gently fold in the blueberries, being careful not to crush them, then add honey if using.
4. Season with a pinch of sea salt, taste, and adjust sweetness or zest as desired.
5. Portion into small serving dishes or spoon-filled cups; chill for 5-10 minutes if you like a firmer bite.

Nutrition per serving

120 kcal	9 g	15 g	3 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If the mixture feels too loose, chill it briefly to firm up.
> - For extra zing, add a few drops of orange zest alongside lemon.
> - Use a silicone spoon to serve without sticking.