

# Cottage Cheese Recipe Ebook

12 EASY & DELICIOUS WAYS  
TO ENJOY COTTAGE CHEESE





# Pizza Cottage Cheese Toast

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 1 MIN

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## Ingredients

- 2 slices sourdough bread
- ¼ cup pizza sauce
- ½ cup nonfat cottage cheese (80 calories per 1/2 cup)
- Turkey pepperoni (as many as you like)
- Fresh basil
- Optional: red pepper flakes, hot honey

## Directions

1. Toast the bread until golden and crisp.
2. Spread pizza sauce evenly on each slice.
3. Top with cottage cheese.
4. Air fry or bake turkey pepperoni until slightly crispy, then crumble on top.
5. Finish with fresh basil.
6. Optional: add red pepper flakes or a drizzle of hot honey for a little kick.

*200 Calories | 14g Protein | 27g Carbs | 5g Fat (per serving)*



# Avocado & Hot Honey

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 1 MIN

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## Ingredients

- 1 slices sourdough bread
- ¼ of an avocado, sliced
- 1/4 cup nonfat cottage cheese (80 calories per 1/2 cup)
- Drizzle of hot honey
- Optional red pepper flakes

## Directions

1. Toast the sourdough bread until golden and crisp.
2. Spread the cottage cheese evenly over the toast.
3. Layer the sliced avocado on top.
4. Drizzle with hot honey.
5. Optional: sprinkle with a pinch of sea salt & lemon juice

*264 Calories | 11g Protein | 38g Carbs | 9g Fat*



# Lox & Cucumber

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 1 MIN

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## Ingredients

- 1 slice sourdough bread
- ¼ cup nonfat cottage cheese (80 calories per ½ cup)
- 1 oz smoked salmon (lox)
- 3–4 thin cucumber slices
- A few thin slices of red onion

## Directions

1. Toast the sourdough bread until golden.
2. Spread the cottage cheese evenly over the toast.
3. Layer with smoked salmon, cucumber slices, and red onion.
4. Optional: finish with a squeeze of lemon or fresh dill for extra flavor.

*218 Calories | 17g Protein | 32g Carbs | 3g Fat*



# Bacon & Hot Honey

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 1 MIN

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## Ingredients

- 2 slice sourdough bread
- 1/2 cup nonfat cottage cheese (80 calories per ½ cup)
- 2 slices of bacon
- Drizzle of hot honey

## Directions

1. Toast the sourdough bread until golden and crisp.
2. Spread cottage cheese evenly over each slice.
3. Top with crispy bacon.
4. Finish with a drizzle of hot honey.

*235 Calories | 13g Protein | 34g Carbs | 5g Fat (per serving)*



# Fig Jam & Prosciutto

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 1 MIN

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## Ingredients

- 2 slices sourdough bread
- 2 tbsp of fig jam
- ½ cup nonfat cottage cheese (80 calories per ½ cup)
- 3-4 pieces of prosciutto

## Directions

1. Toast the bread until golden and crisp.
2. Top with cottage cheese.
3. Spread fig jam evenly over each slice.
4. Layer prosciutto

*255 Calories | 16g Protein | 42g Carbs | 3g Fat (per serving)*



# Hot Chili Oil & Honey

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 1 MIN

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## Ingredients

- 2 slice sourdough bread
- 1/2 cup nonfat cottage cheese (80 calories per ½ cup)
- 1 tbsp chili oil
- Drizzle of honey

## Directions

1. Toast the sourdough bread until golden and crisp.
2. Spread cottage cheese evenly on top.
3. Drizzle with chili oil and honey.
4. Serve immediately.

*240 Calories | 10g Protein | 34g Carbs | 8g Fat (per serving)*



# Cottage Cheese & Feta

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 1 MIN

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## Ingredients

- 1 slice sourdough bread
- ¼ cup nonfat cottage cheese (80 calories per ½ cup)
- 1 oz feta cheese, crumbled
- Optional: 1-2 tablespoons caramelized onions

## Directions

1. Toast 1 slice of sourdough bread until golden and crisp.
2. Spread ¼ cup of nonfat cottage cheese evenly over the toast.
3. Sprinkle 1 oz of feta cheese on top.
4. Optional: Add caramelized onions for extra flavor.

*240 Calories | 14g Protein | 29g Carbs | 8g Fat (does not include onions)*



# Egg Salad Twist

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 1 MIN

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## Ingredients

- 1 slice sourdough bread
- ¼ cup nonfat cottage cheese (80 calories per ½ cup)
- 1 hard-boiled egg
- Fresh dill
- Salt & pepper
- Drizzle of hot honey

## Directions

1. In a small bowl, whisk together the egg, cottage cheese, dill, salt, and pepper until well combined.
2. Toast the sourdough bread until golden and crisp.
3. Spread the egg-cottage cheese mixture evenly over the toast.
4. Finish with a drizzle of hot honey for a sweet-heat kick.

*255 Calories | 16g Protein | 33g Carbs | 7g Fat*



# Strawberries & Chocolate Chips

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 1 MIN

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## Ingredients

- 1 slice sourdough bread
- ¼ cup nonfat cottage cheese (80 calories per ½ cup)
- 2-3 strawberries, sliced
- 1 tbsp mini chocolate chips

## Directions

1. Toast the sourdough bread until golden and crisp.
2. Spread cottage cheese evenly over the toast.
3. Top with sliced strawberries.
4. Sprinkle mini chocolate chips on top.

*255 Calories | 11g Protein | 42g Carbs | 6g Fat*



# Candy Apple

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 1 MIN

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## Ingredients

- 1 slice sourdough bread
- ¼ cup nonfat cottage cheese (80 calories per ½ cup)
- 1/4 apple, thinly sliced
- 1–2 tbsp PB2, mixed with water to desired consistency
- Drizzle of caramel (optional)

## Directions

1. Toast the sourdough bread until golden and crisp.
2. Spread the cottage cheese evenly over the toast.
3. Arrange apple slices on top.
4. Drizzle PB2 mixture over the apples.
5. Finish with a light drizzle of caramel for extra sweetness, if desired.

*298 Calories | 17g Protein | 52g Carbs | 3g Fat*



# Bruschetta

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 1 MIN

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## Ingredients

- 1 slice sourdough bread
- ¼ cup nonfat cottage cheese (80 calories per ½ cup)
- 5–6 cherry tomatoes, sliced
- Fresh basil leaves
- Salt & pepper, to taste
- Balsamic glaze, for drizzling

## Directions

1. Toast the sourdough bread until golden and crisp.
2. Spread cottage cheese evenly over the toast.
3. Top with sliced cherry tomatoes and fresh basil.
4. Season with salt and pepper.
5. Drizzle with balsamic glaze to finish.

*220 Calories | 11g Protein | 38g Carbs | 3g Fat*



# Spinach Artichoke Dip

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 1 MIN

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## Ingredients

- 1 slice sourdough bread
- ¼ cup nonfat cottage cheese (80 calories per ½ cup)
- Handful of spinach, chopped
- 1-2 artichoke heart, chopped (or 2–3 tbsp artichoke dip)
- 2 tbsp reduced-fat mozzarella cheese
- Salt & pepper, to taste
- Optional: garlic powder or red pepper flakes for extra flavor

## Directions

1. In a small bowl, combine cottage cheese, chopped spinach, chopped artichoke, mozzarella, and seasonings. Mix until well combined.
2. Toast the sourdough bread until golden and crisp.
3. Spread the artichoke-cottage cheese mixture evenly over the toast.
4. Optional: broil or air fry for 2–3 minutes to melt the cheese slightly.

*235 Calories | 16g Protein | 36g Carbs | 4g Fat*



# Whipped Brown Sugar

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 1 MIN

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## Ingredients

- 1 slice sourdough bread
- ½ cup nonfat cottage cheese (80 calories per ½ cup)
- ¼ tsp vanilla extract
- 2–3 tsp light brown sugar, divided
- Dash of cinnamon

## Directions

1. In a small blender, combine cottage cheese, vanilla extract, and 1–2 tsp brown sugar. Blend until smooth and creamy.
2. Spread the whipped cottage cheese mixture evenly over the sourdough bread.
3. Sprinkle the remaining 1 tsp brown sugar and a dash of cinnamon on top.
4. Place in the air fryer at 375°F for 3–5 minutes, or until the bread is crisp and the topping is slightly caramelized.
5. Serve warm and enjoy!

*250 Calories | 17g Protein | 42g Carbs | 3g Fat*