

2. Cottage-Cheese Whip

Prep Time: 3 min | **Cook Time:** 0 min | **Total Time:** 3 min | **Servings:** 1

Ingredients:

- ½ cup cottage cheese
- 1 tsp cinnamon or cocoa powder (optional)
- 1 tsp honey (optional)

Instructions:

1. Blend cottage cheese until smooth.
2. Add flavorings if desired; pulse briefly.
3. Serve in small cups or as a dip for fruit.

Nutrition (per ½ cup):

- Calories: 100
- Protein: 13 g
- Calcium: 100 mg
- Fat: 4 g
- Sugar: 2 g

Health Benefits:

- High in complete protein for growth and repair.
- Calcium supports strong bones and teeth.
- Smooth texture is easier for sensitive eaters.

Pro Tips:

- Serve as a fruit dip to introduce mild flavors.
- Chill before serving; cold texture can be more appealing.