


Whipped Cottage Cheese Toast with Honeyed Berries & Pistachios



Everest

Light, protein-packed, visually stunning, and wildly simple to make. Add in some honeyed berries and pistachio toppings. This Whipped Cottage Cheese Toast will have you raving!




PREP TIME
10 mins




COOK TIME
5 mins

TOTAL TIME
15 mins



SERVINGS
2 people



CALORIES
270 kcal

INGREDIENTS

- 1 cup cottage cheese low-fat
- 1/2 tsp vanilla extract
- 2 slices multi-grain or sourdough bread think-cut
- 1/2 cup mixed berries (strawberries, raspberries, blueberries)
- 2 tsp raw honey (maple syrup for vegan option)
- 1 tbsp pistachios crushed
- 1/4 tsp lemon zest or cinnamon (optional)

INSTRUCTIONS

1. Toast the Bread

Toast your bread slices until golden and crispy. You want them firm enough to hold your toppings without going soggy.

2. Whip the Cottage Cheese

In a blender or food processor, blend the cottage cheese and vanilla (if using) until completely smooth and creamy. This takes about 30–45 seconds. The result? A whipped, luscious base that feels indulgent but is totally guilt-free.

3. Sweeten the Berries

In a small bowl, mix your fresh berries with 1 teaspoon of honey. Let them sit for 5 minutes to lightly macerate—this softens the fruit and brings out natural juices.

4. Assemble Your Toast

Spread the whipped cottage cheese generously over each piece of toast. Spoon the honeyed berries on top.

5. Finish with a Crunch

Sprinkle with crushed pistachios, a light zesting of lemon or cinnamon, and drizzle the remaining honey over everything.

NOTES

Nutritional Facts (Per Serving)

- **Calories:** ~270
- **Protein:** 15g
- **Fat:** 9g
- **Carbs:** 25g
- **Fiber:** 4g
- **Sugar:** 10g
- **Calcium:** 15% DV
- **Iron:** 8% DV

Note: Nutrition may vary based on the bread and brand of cottage cheese used.

