

Raspberry Cheesecake-Style Cottage Cheese Mousse



Craving a fresh, creamy, and delicious snack? Try this recipe with only 3 ingredients instead of ice cream. In less than 5 minutes, you'll have a refreshing and satisfying treat. Enjoy longer satiety with its protein content of 23 g and 4.5 g of fibre!

Bon appétit!

Preparation 5 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 180

Fat 2

Carbohydrates 17

Fibre 4

Protein 23

Sodium 20

Ingredients

- 185 ml (¾ cup) cottage cheese (0-2% M.F.)
- 125 ml (½ cup) fresh or frozen raspberries
- 5 ml (1 tsp) maple syrup or sweetener of choice

Optional Topping Suggestions: Choose one or combine several!

- Dark chocolate, coarsely chopped
- Graham crackers, crumbled
- Roasted and shelled pistachios, coarsely chopped
- Whole raspberries
- fresh berries

Preparation

1. Blend all the ingredients in a blender.
2. Transfer to a bowl, then add toppings if desired.

Notes

Keeps for 5 days in the refrigerator in an airtight container. Freezes for up to 3 months.

Nutritional values are calculated without toppings.



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