

Whipped Cottage Cheese, Peaches & Honey



Rediscover cottage cheese in a whole new light with this remarkably creamy and airy whipped mousse! The combination of whipped cheese, honey-roasted peaches, and the subtle scent of thyme creates a chic, high-protein snack, or even an original appetizer for summer entertaining. Served on good bakery bread, it transforms into a complete lunch that rivals the best bistro tartines.

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Preparation 10 min

Cooking 5 min

Servings 2

Nutrition Facts (per serving)

Calories 280

Fat 4

Carbohydrates 41

Fibre 5

Protein 20

Sodium 610

Ingredients

- 250 ml (1 cup) cottage cheese (2% M.F.)

- 2 fresh peaches, pitted and cut into wedges
- 15 ml (1 tbsp) honey (or maple syrup)
- About ten unsalted pistachios, shelled and coarsely chopped
- A pinch of thyme leaves (fresh or dried)

To serve

- 2 slices of sourdough or whole grain bread

Preparation

1. Place the cottage cheese in the bowl of a small food processor or blender. Blend on high power for 1 to 2 minutes, until the texture becomes completely smooth, silky, and airy, with no lumps. Refrigerate.
2. Heat a non-stick pan over medium-high heat. Lightly spray with oil. Place the peach wedges and roast them for about 2 to 3 minutes on each side, until they are slightly caramelized. Add the thyme.
3. During the last minute of cooking, pour half the honey directly into the pan over the peaches, then remove from the heat.
4. Grill the slices of sourdough bread (or baguette) in the toaster or oven.
5. To serve, spread the whipped cottage cheese mousse onto a large plate (or directly onto the toasted bread slices).
6. Harmoniously arrange the warm peach wedges on the cheese, then garnish with the remaining honey and the chopped pistachios.
7. Serve immediately with the crispy bread.

Notes

Keeps 3-4 days in the refrigerator. For best results, store the mousse and peaches separately, then reheat the peaches before serving.



Elle est une nutritionniste diplômée et travaille dans les services corporatifs et communautaires et