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## Reasons to Love Cottage Cheese



### 1 High protein-to-calorie ratio keeps you full longer

Help prevent overeating between meals with a half-cup of 2% cottage cheese, which has around 90 calories and 12 grams of protein.

### 2 Versatile flavors and recipes mean you won't get bored

Use cottage cheese for a light and creamy alternative to cream cheese, ricotta, or Greek yogurt. The neutral taste lets you make it as sweet or savory as you want, and you can adjust richness with low-fat, reduced-fat, and regular options.

### 3 Nutrient-rich cottage cheese can support essential nutrition

Cottage cheese has healthy fats, calcium, B Vitamins, and phosphorus. These support the immune system, energy metabolism, kidney function, nerve function, and healthy skin, bones, and cells.

### 4 Lower lactose content makes it more digestible

People with mild lactose intolerance might be able to eat cottage cheese.

### 5 Effective and affordable muscle recovery

The protein content provides amino acids to repair muscle tissue after workouts.

### 6 Easy to make at home to control freshness and quality of ingredients

All you need is milk and acid from lemon juice to curdle the milk.



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## Versatile Ingredient

Cottage cheese enhances both traditional and innovative recipes for creative cooks and the health conscious.

You can use cottage cheese in a variety of dishes—from smoothies to salads, and even ice cream.

Explore these recipes to add cottage cheese to your meals:



### Cottage Cheese Pancakes

#### Ingredients:

- 1 cup 2% cottage cheese
- 2 eggs
- ¼ cup canola oil
- ½ cup milk
- 1½ teaspoons vanilla extract
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 cup flour

#### Directions:

1. Add all ingredients to a blender in order; blend until batter is smooth.
2. Coat skillet with cooking spray or melt butter on skillet as it preheats. Add batter to pan (1/3 cup for each pancake). Once batter begins to form bubbles, flip pancakes and cook until both sides are golden brown.
3. Serve with maple syrup, jam, peanut butter, or fresh fruit.

### Quick, Nutritious Snack Ideas

#### Cottage Cheese Dip

Blend cottage cheese with herbs, garlic, and a dash of lemon juice.

#### Cottage Cheese Ice Cream

Blend cottage cheese with frozen bananas, frozen mango, and a touch of honey until smooth.

#### Cottage Cheese and Fruit Parfait

Layer cottage cheese with fresh berries, peaches, or pineapple. Drizzle with honey and top with granola for texture.



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