

Long Livo

Cottage Cheese Peanut Butter Mousse – 5-Minute Snack

5 min Prep time	**5 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Mousse Base

- [ ] 1 cup low-fat cottage cheese, well-drained
- [ ] 2 tbsp natural peanut butter
- [ ] 1 tsp honey or maple syrup (adjust to taste)
- [ ] ½ tsp vanilla extract
- [ ] 1 tsp fresh lemon juice
- [ ] Pinch of salt

Optional Toppings

- [ ] Fresh berries, sliced
- [ ] Cocoa nibs or dark chocolate chips
- [ ] A drizzle of extra peanut butter

Instructions

1. In a medium bowl, combine the drained cottage cheese and peanut butter; use a hand mixer on low speed until the mixture looks glossy and there are no lumps.
2. Add honey, vanilla extract, lemon juice, and a pinch of salt; whisk gently until fully incorporated, tasting to adjust sweetness.
3. Spoon the mousse into serving glasses or bowls; if you like, sprinkle cocoa nibs or a few fresh berries on top for color and texture.
4. Serve right away, or chill for 10 minutes for a cooler bite; enjoy the light, protein-rich treat.

Nutrition per serving

210 kcal	18 g	12 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mousse feels too runny, add a tablespoon of Greek yogurt or extra cottage cheese and blend again.
- For extra crunch, fold in a teaspoon of chopped peanuts just before serving.
- This recipe pairs beautifully with a glass of cold almond milk or a simple green tea.