

Long Livo

High-Protein Bagel Bites – 15-Minute Snack

10 min Prep time	**5 min** Cook time	**15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 12 mini whole-grain bagels, halved
- [ ] 1 cup low-fat cottage cheese
- [ ] ½ cup plain Greek yogurt
- [ ] 2 tbsp fresh chives, finely chopped
- [ ] 1 tbsp fresh dill, chopped
- [ ] 1 tsp lemon zest
- [ ] 1 tsp honey
- [ ] Salt and pepper to taste

Optional Toppings

- [ ] Smoked paprika
- [ ] Crushed red pepper flakes
- [ ] Extra chopped herbs

Instructions

1. Preheat a non-stick skillet over medium heat; arrange the bagel halves cut-side down and toast until lightly golden, about 2 minutes.
2. While the bagels toast, combine cottage cheese, Greek yogurt, chives, dill, lemon zest, honey, salt, and pepper in a bowl; mix until smooth.
3. Spread a generous spoonful of the cheese mixture onto each toasted bagel half; sprinkle with extra herbs or a pinch of smoked paprika if desired.
4. Serve warm, and enjoy the comforting bite. For a flavor boost, pair with cream cheese bites or a side of cheesecake jars.
5. Store any leftovers in an airtight container; re-heat briefly in the skillet before serving.

Nutrition per serving

210 kcal	18 g	28 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the cheese spread feels too thick, thin it with a splash of milk or extra Greek yogurt.
- For extra protein, stir in a spoonful of whey protein powder after mixing the spread.
- A quick drizzle of hot sauce adds a pleasant heat without overwhelming the balanced flavors.