

Baked Blueberry Cottage Cheese Breakfast Bowls – Hazel Blue Acres

1 ½ cups cottage cheese

4 large eggs

1 cup old fashioned oats

1 banana

1/3 cup maple syrup

1 tsp. baking soda

2 cups blueberries, fresh or slightly thawed if frozen

1. Preheat the oven to 350 F.
2. Lightly spray your 4 - 2 cup glass bowls OR 8 – 1 cup glass bowls with a non-stick spray.
3. Place the bowls on a large baking sheet.
4. Add cottage cheese, eggs, oats, banana, maple syrup, and baking soda to a blender. Blend until smooth. That may take a few minutes. If the mixture is too thick, you can add a bit of milk to thin it out.
5. Pour the batter evenly into each of the individual bowls. They will be more than halfway full.
6. Top with the blueberries, distributed between the bowls.
7. Bake for 35-40 minutes. Depending on the oven it may take up to 45 minutes. They are done when the top is golden brown, the mixture has puffed up, and the top feels firm to the touch.
8. Remove from the oven and let sit for at least 10 minutes before enjoying. You can also cover them and place in the fridge for up to 1 week for meal prep.

Notes: If you want to halve the recipe, that works!

Low fat or full fat cottage cheese both work for this recipe.