- Prep Time: 10 minutes
- Cook Time: 35–40 minutes
- Resting Time: 10 minutes
- Total Time: 55 minutes
- Servings: 4 generous portions
- Recipe Intensity / Difficulty Level: Very Easy (Beginner-Friendly)
- Equipment Needed: High-speed blender or food processor, 8×8-inch baking dish, spatula

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Kitchen Equipment & Setup

To ensure an effortless cooking experience, gather the following tools before starting:

- High-Speed Blender or Food Processor: Essential for pureeing the cottage cheese until completely silky and smooth.
- 8×8-inch Square Baking Dish: Glass or ceramic works best for even heat distribution.
- Parchment Paper or Cooking Spray: Prevents sticking and makes clean-up quick.
- Measuring Cups & Spoons: For precise ingredient ratios.
- Mixing Bowl & Rubber Spatula: For gently folding in the fresh berries.

Ingredients

Base Batter:

- 1 ½ cups (360g) 2% or 4% Whole Milk Cottage Cheese (Small curd preferred for easy blending)
- 1 ½ cups (135g) Old-Fashioned Rolled Oats (Certified gluten-free if needed)
- 2 Large Eggs (At room temperature)
- 3 tablespoons Pure Maple Syrup (Or honey, agave, or a sugar-free monk fruit sweetener)
- 1 teaspoon Pure Vanilla Extract
- 1 teaspoon Ground Cinnamon
- 1 teaspoon Baking Powder
- ¼ teaspoon Fine Sea Salt
- ¼ cup Unsweetened Almond Milk (Or milk of choice, only if needed to thin the batter)

Fruit & Mix-Ins:

- 1 ½ cups Fresh Mixed Berries (Blueberries, raspberries, or sliced strawberries)
- ¼ cup Sliced Almonds or Chopped Walnuts (Optional, for crunch)

- 1 tablespoon Chia Seeds or Ground Flaxseed (Optional, for added omega-3s and fiber)

Step-by-Step Cooking Instructions

Step 1: Prep & Preheat

Preheat your oven to 350°F (175°C). Lightly grease an 8×8-inch baking dish with non-stick cooking spray, coconut oil, or line it with parchment paper for easy removal later.

Step 2: Blend the Wet & Dry Base

In a high-speed blender or food processor, add the cottage cheese, rolled oats, eggs, maple syrup, vanilla extract, ground cinnamon, baking powder, and sea salt.

Blend on high speed for 45 to 60 seconds until the mixture transforms into a completely smooth, thick batter with zero visible oat flakes or cottage cheese curds. If the mixture appears too thick to pour smoothly, splash in 1 to 2 tablespoons of almond milk and pulse briefly.

Step 3: Fold in the Berries

Pour the smooth batter out of the blender into a medium mixing bowl (or directly into your prepared baking dish to save a dish). Gently fold in 1 cup of your fresh mixed berries using a rubber spatula, reserving the remaining ½ cup of berries for the top.

Step 4: Layer & Decorate

Pour the batter evenly into the prepared 8×8-inch baking dish. Use your spatula to smooth out the top surface. Scatter the reserved ½ cup of mixed berries evenly over the top, gently pressing them slightly into the batter. If using sliced almonds or chopped walnuts, sprinkle them evenly across the top for added visual appeal and texture.

Step 5: Bake to Perfection

Place the baking dish on the center rack of your preheated oven. Bake at 350°F (175°C) for 35 to 40 minutes.

> Intensity & Doneness Check: The bake is done when the edges are golden brown, the center is set (it shouldn’t jiggle when lightly shaken), and a toothpick inserted into the middle comes out clean or with just a few moist crumbs.

Step 6: Cool & Serve

Remove the bake from the oven and set it on a wire cooling rack. Allow it to rest for at least 10 to 15 minutes before slicing. *Do not skip this resting period!* The internal structure of the bake needs time to set as it cools to achieve that perfect cake-like slice.

Serving Suggestions & Pairings

Enjoy this breakfast bake warm, room temperature, or chilled straight from the fridge! Here are a few ways to elevate your serving:

- Protein Boost: Drizzle with a spoonful of warm almond butter, peanut butter, or extra Greek yogurt.
- Sweet Drizzle: Top each slice with a light drizzle of extra maple syrup or honey right before eating.
- Brunch Spread: Pair a warm slice alongside a fresh green smoothie, a hot cup of black coffee, or a frothy espresso drink.

Meal Prep, Storage, & Reheating Tips

This dish was practically made for meal prep! Bake a dish on Sunday and enjoy healthy, high-protein breakfasts all week long.

- Refrigeration: Store sliced leftovers in an airtight container in the refrigerator for up to 4 to 5 days.
- Freezing: Wrap individual slices tightly in parchment paper and place them in a freezer-safe bag. Freeze for up to 3 months. Thaw overnight in the fridge before reheating.
- Reheating:
    - *Microwave:* Heat an individual slice on high for 45–60 seconds until warm throughout.
    - *Toaster Oven/Air Fryer:* Warm at 325°F (160°C) for 4–5 minutes to restore crisp edges.

Chef’s Secrets & Variations

- Can I use frozen berries? Yes! If using frozen berries, fold them directly into the batter straight from the freezer without thawing. Do not thaw first, as excess moisture will make the batter soggy. You may need to add 3–5 minutes to the total baking time.
- Chocolate Chip Berry Twist: Swap ¼ cup of berries for dark chocolate chips or cacao nibs for a decadent weekend treat.

- Savoury & Citrus Boost: Add a pinch of lemon zest or orange zest to the blender to brighten up the berry flavor profile significantly.

Complete Nutritional Information

(Calculated per serving based on 4 equal portions using 2% cottage cheese, rolled oats, 2 eggs, 3 tbsp maple syrup, and fresh berries)

Nutritive Metric	Amount Per Serving	% Daily Value (DV)*
Calories	285 kcal	—
Total Fat	6.5 g	8%
Saturated Fat	2.1 g	11%
Trans Fat	0 g	—
Cholesterol	102 mg	34%
Sodium	410 mg	18%
Total Carbohydrates	39 g	14%
Dietary Fiber	5.2 g	19%
Total Sugars	15 g	—
(Includes Added Sugars)	9 g	18%
Protein	19.5 g	39%
Vitamin D	0.8 mcg	4%
Calcium	145 mg	11%
Iron	2.1 mg	12%
Potassium	320 mg	7%