

- Prep Time: 15 minutes
- Cook Time: 18-20 minutes
- Total Time: 35 minutes
- Yield: 16 biscuit bites (4 servings of 4 bites)
- Recipe Intensity / Skill Level: Easy (Beginner-Friendly)

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Equipment Needed

- Food processor or high-speed blender
- Large mixing bowl
- Rubber spatula
- Medium cookie scoop (approx. 1.5 tablespoon capacity)
- Large baking sheet
- Parchment paper or silicone baking mat

Ingredients

For the High-Protein Dough:

- 1 cup (225g) low-fat (2%) cottage cheese (blended until completely smooth)
- 1 large egg (room temperature)
- 1 cup (120g) self-rising flour (or 1 cup all-purpose flour + 1½ tsp baking powder + ¼ tsp salt)

- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon Italian seasoning
- ¼ teaspoon fine sea salt

For the Pizza Filling & Topping:

- ½ cup (50g) shredded low-moisture, part-skim Mozzarella cheese
- ¼ cup (25g) grated Parmesan cheese
- ⅓ cup (40g) mini pepperonis (or diced turkey pepperoni)
- ⅓ cup warm marinara sauce (for serving/dipping)
- 1 tablespoon melted unsalted butter or olive oil (for brushing)
- Fresh parsley or basil, finely chopped (optional, for garnish)

Step-by-Step Instructions

1. Prep the Oven and Pan

Preheat your oven to 375°F (190°C). Line a large baking sheet with parchment paper or a non-stick silicone baking mat. Lightly spray the paper with non-stick cooking spray to ensure easy release.

2. Blend the Cottage Cheese Base

Place the cottage cheese and egg into a food processor or high-speed blender. Blend on high speed for 30 to 45 seconds until the mixture is completely smooth, creamy, and free of any visible curds. *(This step is crucial—it ensures a uniform dough texture without lumpiness).*

3. Mix the Dry Ingredients

In a large mixing bowl, whisk together the self-rising flour, garlic powder, onion powder, Italian seasoning, and fine sea salt until evenly distributed.

4. Form the Dough

Pour the blended cottage cheese mixture into the bowl with the dry ingredients. Use a rubber spatula to gently fold the mixture together until a soft, slightly tacky dough forms. Avoid overmixing, as overworking the flour can result in tough biscuits.

5. Fold in the Pizza Fillings

Gently fold in the shredded Mozzarella, grated Parmesan, and two-thirds of the mini pepperonis (reserve the remaining third for topping). Ensure the cheese and pepperoni are evenly distributed throughout the dough.

6. Scoop and Portion

Using a medium cookie scoop or two spoons, drop 16 equal-sized portions of dough onto the prepared baking sheet, leaving about 1 to 2 inches of space between each bite.

7. Top and Bake

Gently press the reserved mini pepperonis into the tops of each dough mound. Lightly brush the tops of the biscuits with melted butter or olive oil. Bake on the center rack for 18 to 20 minutes, or until the tops are golden brown, the edges are crisp, and a toothpick inserted into the center comes out clean.

8. Cool and Serve

Remove the biscuit bites from the oven and allow them to cool on the baking sheet for 5 minutes to set. Sprinkle with chopped fresh basil or parsley if desired. Serve warm alongside a bowl of heated marinara sauce for dipping.

Chef's Notes & Customization Tips

- **Air Fryer Adaptation:** You can bake these in an air fryer! Preheat your air fryer to 350°F (175°C). Line the basket with perforated parchment paper. Working in batches, cook for 10–12 minutes until puffy and golden brown.
- **Keto / Low-Carb Alternative:** Replace the self-rising flour with 1 cup of almond flour mixed with ½ cup of whey protein isolate (unflavored) and 1½ teaspoons of baking powder.
- **Storage & Meal Prep:** Store leftover biscuit bites in an airtight container in the refrigerator for up to 4 days. Reheat in an air fryer at 350°F for 3–4 minutes or in a toaster oven to restore crispiness.

- Freezer Instructions: Bake the bites completely and let them cool entirely. Freeze on a baking sheet for 1 hour, then transfer to a freezer-safe zip-top bag for up to 3 months. Reheat directly from frozen at 350°F (175°C) for 8–10 minutes.

Detailed Nutritional Information

Nutritional values are calculated per serving based on 4 servings (4 biscuit bites per serving).

Nutrient	Amount Per Serving (4 Bites)	% Daily Value*
Calories	245 kcal	—
Total Fat	8.5 g	11%
<i>Saturated Fat</i>	4.2 g	21%
<i>Trans Fat</i>	0.0 g	—
Cholesterol	65 mg	22%
Sodium	620 mg	27%
Total Carbohydrates	23.5 g	8%
<i>Dietary Fiber</i>	1.2 g	4%
<i>Total Sugars</i>	2.5 g	—
Protein	18.5 g	37%
Calcium	180 mg	14%
Iron	1.4 mg	8%
Potassium	140 mg	3%