

- Prep Time: 5 Minutes
 - Cook Time: 12–15 Minutes
 - Total Time: 20 Minutes
 - Yield: 1 Serving
 - Intensity Level: Easy / Beginner
 - Dietary: Keto-friendly, Low-Carb, High-Protein, Gluten-Free
-

Table of Contents

- ◆
- [Ingredients](#)
- [Instructions](#)
- [Nutrition Information](#)

Ingredients

The Base:

- 1 cup (240g) Full-fat or Low-fat Cottage Cheese: (Full-fat provides the creamiest texture, but low-fat works well for lower calories).

- 1/4 tsp Garlic Powder
- 1/4 tsp Dried Oregano
- Pinch of Salt and Black Pepper

The Toppings:

- 1/4 cup (60g) Marinara or Pizza Sauce: (Look for one with no added sugar).
- 1/3 cup (40g) Shredded Mozzarella Cheese: (Part-skim works great for melting).
- 10-12 slices Turkey Pepperoni: (Or regular pepperoni, or plant-based if preferred).
- Optional Add-ins: Sliced black olives, diced bell peppers, sautéed mushrooms, or a pinch of red pepper flakes.

Instructions

1. Preheat and Prep (Intensity: Low)

Preheat your oven to 400°F (200°C) . If you are using an air fryer, preheat it to 380°F (190°C)

.

2. Create the “Crust” (Intensity: Low)

In a small mixing bowl, combine the cottage cheese, garlic powder, oregano, salt, and pepper. Stir until the seasonings are evenly distributed. The cottage cheese serves as the “dough” and crust of this bowl.

3. First Bake (The Base Set) (Intensity: Moderate / Time: 10 Minutes)

Pour the seasoned cottage cheese mixture into a small oven-safe skillet (cast iron is perfect) or a small baking dish (about 6 to 8 inches wide). Spread it into an even layer.

- *Oven:* Bake for 10 minutes until the cottage cheese has set slightly and is bubbling around the edges.
- *Air Fryer:* “Bake” for 8 minutes.

4. Add the Toppings (Intensity: Low)

Remove the dish from the oven. Carefully spread the marinara sauce over the top of the baked cottage cheese layer. Sprinkle the shredded mozzarella cheese evenly over the sauce. Arrange the pepperoni slices on top. If you are using vegetables like olives or peppers, add them now.

5. Second Bake (The Melt) (Intensity: High Heat / Time: 5 Minutes)

Return the bowl to the oven (or air fryer).

- *Oven:* Bake for 5 to 7 minutes more, or until the cheese is fully melted and starting to brown.
- *Air Fryer:* Cook for 4 to 5 minutes.
- *Broiler Option:* If you want extra browning, turn on the broiler for the last 1-2 minutes (watch it closely so it doesn’t burn).

6. Rest and Serve (Intensity: Low)

Remove from the oven and let it rest for 2 minutes. This allows the cheese to settle and prevents burning your mouth on molten sauce. Garnish with fresh basil or a sprinkle of parmesan if desired.

Nutrition Information

Note: Nutrition facts are estimates based on using full-fat cottage cheese, part-skim mozzarella, and turkey pepperoni.

- Calories: ~380–420 kcal
- Protein: 35g
- Carbohydrates: 12g
- Fat: 22g
- Fiber: 1g
- Sugar: 6g