

Prep Time	10 minutes
Cook Time	45 minutes
Rest/Cool Time	20 minutes
Total Time	1 hour 15 minutes
Servings	8 slices
Cooking Intensity	Easy / Beginner
Bake Temperature	350°F (175°C)

Table of Contents

- ◆
 - [Ingredients List](#)
 - [For the Custard Base](#)
 - [For the Berry Fold-In](#)
 - [Step-by-Step Cooking Instructions](#)
 - [Expert Chef Tips for Success](#)
 - [Storage & Reheating Instructions](#)
 - [Complete Nutritional Profile](#)

Ingredients List

For the Custard Base

- 24 oz (3 cups) Full-Fat Cottage Cheese (4% milkfat preferred for maximum creaminess)
- 4 Large Eggs (room temperature)
- ½ cup Granulated Erythritol or Monk Fruit Sweetener (adjust to preference)

- ¼ cup Almond Flour (super-fine, blanched)
- 2 tbsp Unsalted Butter (melted and slightly cooled)
- 1 tbsp Fresh Lemon Juice (brightens the dairy flavor)
- 1 tsp Pure Vanilla Extract
- ½ tsp Almond Extract (optional, but elevates the berry flavor)
- ½ tsp Baking Powder
- ¼ tsp Fine Sea Salt

For the Berry Fold-In

- 1 cup Fresh Mixed Berries (raspberries, blackberries, or wild blueberries; fresh or unfrozen)
- 1 tbsp Almond Flour (to coat berries and prevent sinking)

Step-by-Step Cooking Instructions

1. Prep the Oven & Baking Dish: Prerequisite for even baking.

Preheat your oven to 350°F (175°C). Lightly grease an 8×8-inch square baking dish or a 9-inch round pie dish with butter or avocado oil spray. Line the bottom with parchment paper for easy removal if desired.

2.Blend the Custard Base:Intensity: High speed blending.

Add the cottage cheese, eggs, granulated sweetener, ¼ cup almond flour, melted butter, lemon juice, vanilla extract, almond extract, baking powder, and sea salt into a high-speed blender or food processor. Blend on high for 45–60 seconds until the mixture is completely smooth, silky, and free of cottage cheese curds.

3.Prepare & Fold the Berries:Prevents berries from sinking to the bottom.

In a small bowl, toss the fresh berries with 1 tablespoon of almond flour until lightly coated. Gently fold two-thirds of the berries into the blended cottage cheese custard using a silicone spatula.

4.Assemble the Casserole:Final layering before oven.

Pour the batter into the prepared baking dish and smooth the top with a spatula. Scatter the remaining berries evenly over the top, gently pressing them into the surface.

5.Bake to Perfection:Cook Time: 40–45 minutes.

Bake at 350°F (175°C) for 40 to 45 minutes. The edges should be set and lightly golden brown, while the center has a slight, firm jiggle (similar to a cheesecake setting).

6.Cool and Set:Crucial for proper slicing.

Remove the casserole from the oven and set it on a wire cooling rack. Let it cool for at least 20–30 minutes to allow the custard structure to fully set before slicing.

Expert Chef Tips for Success

1. **Don't Skip the Blending:** If you dislike the texture of cottage cheese curds, blending is non-negotiable. It transforms the granular cheese into a rich, silk-like batter resembling cheesecake mix.
2. **Room Temperature Eggs:** Cold eggs can cause melted butter to curdle in the batter. Bring eggs to room temp or submerge them in warm water for 5 minutes before cracking.
3. **Berry Selection:** Stick to lower-carb fruits like raspberries, blackberries, and blueberries. Strawberries work great too—just chop them into small pieces first.

Storage & Reheating Instructions

- **Refrigeration:** Store leftover slices in an airtight container in the refrigerator for up to 5 days.
- **Freezing:** Wrap individual slices tightly in parchment paper and foil, then freeze for up to 2 months. Thaw overnight in the fridge.
- **Reheating:** Reheat individual portions in the microwave for 25–30 seconds or in an air fryer/oven at 300°F (150°C) for 5–7 minutes until warm.

Complete Nutritional Profile

Serving Size: 1 slice (1/8th of casserole)

Nutrient	Amount Per Serving
Calories	185 kcal
Total Fat	12 g
<i>Saturated Fat</i>	5.5 g
Cholesterol	115 mg
Sodium	380 mg
Total Carbohydrates	6 g
<i>Dietary Fiber</i>	2 g
Net Carbohydrates	4 g
Protein	15 g