

Trim Healthy  
W I S D O M

## Lemon Cheesecake Bowl (E, S, XO or FP)

(Depending upon choice and amounts of toppings)

This recipe is so versatile, so creamy, and so yummy as a snack or a meal! Plus... all your nerdy protein needs will be met without the need for an added protein powder. It is a fantastic no special ingredients meal or afternoon snack. Cottage cheese has ample leucine (over 2 grams per 1 cup serving), and Good Culture (the brand we love to use) contains 28 grams of protein! (If you're not a volume eater or if you're super height-challenged, check the notes for how to make a smaller version.) The lemon added to this recipe is not just for taste, so don't skip it! It helps you be more insulin-sensitive. It will help push all the wonderful cultured dairy protein into your muscle cells.

Many of us have trouble with dairy once we're in later pause seasons. This is because our muscles become less insulin sensitive. A dairy-based meal can push insulin quite high. This is not a bad thing so long as it gets cleared. As we lose clean, lean body mass with age and hormone loss, insulin is left in the bloodstream rather than being accepted by eager cells. The sour component of fresh lemon juice causes your muscle cells to open more efficiently to insulin and accept its load of protein (and carbs if including carbs) to be used as fuel. Please use a fresh lemon to get the most benefit. It is no big deal to slice a lemon in half and use a squeezer to get the juice out quickly.

Single Serve Recipe

### INGREDIENTS:

- 1 cup low-fat cottage cheese
- 1 lemon (the juice of 1 fresh lemon)
- 2 doonks [TH Pure Stevia Extract Powder](#)  
(or 2 Tbs [TH Gentle Sweet](#), to taste)

### Topping Choices

- fresh or thawed berries (limit to ½ cup blueberries if having as an S)
- nuts, seeds, or their butter
- fresh fruit (½ a diced apple or ½ of a peach)
- 1 Tbs goji berries



- 2 Tbs on-plan granola
- 1 tsp cacao nibs

### INSTRUCTIONS:

1. Place the cottage cheese, lemon juice, and sweetener in a bowl and blend with an immersion blender until completely smooth.

- **NOTE:** This recipe also works great in the Ninja Creami for super creamy protein-rich lemony ice cream. Blend as noted above, then freeze in a Ninja Creami container. Once frozen, process using the LITE ICE CREAM function. If needed, add 1-2 Tbs unsweetened nut milk (or Nutpods) and use the RE-SPIN function. You may need to add a bit more sweetener for a sweeter ice cream taste.



2. Top with your choice of toppings. Enjoy fresh or thawed berries plus on-plan granola, goji berries, or a diced apple with a very light sprinkle of nuts for E. For S toppings enjoy the berries plus a more generous sprinkle of nuts or 1 Tbs nut butter and cacao nibs. Combine E and S toppings for XO or use only berries and an E-sized amount of nuts or nut butter for FP. Consider only using the FP version for a snack and not a meal.

### Protein Nerd Notes:

Your Protein Nerd Level 3 needs are fully covered here with the 1 cup of cottage cheese.

### Other Notes:

If you are height-challenged or prefer smaller portions of food, you can use just ½ - ¾ cup of cottage cheese. If doing so, blend in 1 – 2 Tbs [TH Optimized Whey Protein Powder - Vanilla Flavor](#) to ensure you get your full meal or snack's protein needs. Or put a generous half scoop of [TH Optimized Collagen](#) in your coffee.