



Pumpkin Whipped Cottage Cheese

October

Makes: 4 servings

Prep Time: 5 min

Ingredients

- 2 cups cottage cheese (I prefer 4%)
- 1 cup unsweetened pumpkin puree (chill for an hour in the refrigerator if you want a cold treat.)
- $\frac{3}{4}$ -1 teaspoon pumpkin spice (or cinnamon) - based on your preference
- Optional topping ideas: whipped full fat coconut cream (unsweetened), pepitas (pumpkin seeds), hemp hearts, shredded coconut, dark chocolate shavings, crushed pecans, unsweetened grain free granola

Directions

1. Use a small food processor to blend the cottage cheese and pumpkin puree and it's perfect for this recipe.
2. Add in pumpkin spice seasoning or cinnamon. Mix until blended
3. You can whip full fat canned coconut milk, found in the baking aisle, to add a natural coconut flavored whipped topping.
4. Topping ideas: pepitas (pumpkin seeds), hemp hearts, unsweetened shredded coconut, dark chocolate shavings, crushed pecans, unsweetened grain-free granola. You can find a recipe online or purchase Struesli brand organic granola redefined (grain free, no sugar or sweeteners added)

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