



Strawberry Shortcake-Style Protein Biscuits



1/2 of recipe (1 shortcake): 225 calories, 4g total fat (2.5g sat. fat), 539mg sodium, 38g carbs, 2g fiber, 10g sugars, 9.5g protein

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Prep: 10 minutes **Cook:** 15 minutes

Cool: 10 minutes



Ingredients

1/2 cup low-fat cottage cheese
1/2 cup self-rising flour
1/2 tsp. vanilla extract
1 packet natural no-calorie sweetener
1 cup sliced strawberries, or more for topping
1/2 cup light whipped topping (thawed from frozen)

Directions

In a large bowl, combine cottage cheese, flour, extract, and sweetener. Mix until dough forms. Shape into two biscuits.

Spray an air fryer with non-aerosol nonstick spray. Place biscuits in the air fryer, and spray them with nonstick spray.

Set air fryer to 360°F. Cook until golden brown and cooked through, about 13 minutes. Set aside to cool, at least 10 minutes.

Once cooled, slice biscuits in half horizontally. Top the bottom halves with half of the berries and half of the whipped topping. Repeat layering with remaining biscuit halves, berries, and whipped topping.

MAKES 2 SERVINGS

Oven Alternative: Bake at 400°F until golden brown and cooked through, 16–18 minutes.

HG Alternative: If the idea of curds in your biscuits bothers you (pssst, you'll barely notice them!), feel free to purée your cottage cheese in a small blender or food processor.

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