Protein Cinnamon Toast: Cottage Cheese Breakfast Toast

Creamy spiced spread on toasted whole wheat bread with a golden finish



PREP	COOK	TOTAL	SERVES	CALORIES
5 min	5 min	10 min	2 servings	245 kcal

Ingredients

- 120 g low-fat cottage cheese
- 1 tbsp granulated sugar
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 2 slices whole wheat bread, approximately 120g
- 1 pinch ground cinnamon, for sprinkling
- 1 pinch, optional
- 1 pinch, optional

Instructions

1. Prepare the oven: Preheat your oven to 200°C (400°F). Place the rack in the centre to ensure the heat hits the toast evenly. This prevents the bottom from burning before the top browns.
2. Mix the spread: Whisk the cottage cheese, sugar, cinnamon and vanilla extract in a small bowl. Stir until the mixture is smooth and well-combined. A smooth texture ensures an even layer on the bread.
3. Toast the bread: Toast the bread slices in a toaster or skillet for 1-2 minutes on each side. Wait until they turn a light golden colour. This provides a sturdy base that will not collapse under the spread.
4. Apply the topping: Spread the cottage-cheese mixture evenly over each toast slice. Sprinkle a pinch of extra ground cinnamon over the top. This adds a concentrated burst of flavour to the surface.
5. Broil the toast: Transfer the slices to a baking tray and place them in the oven. Broil for 5 minutes. Watch the toast closely so the tops become golden brown and slightly crisp without charring.

6. Cool and serve: Remove the toast from the oven. Let it cool for 1 minute to allow the topping to set. Slice each piece in half and serve while warm.

Notes

What goes wrong and whySoggy toast occurs when the cottage cheese contains too much moisture. The liquid seeps into the bread fibres before the heat sets the topping. Drain any excess liquid from the cheese before mixing. You will spot this early if the mixture looks runny rather than creamy and thick.

What to serve with itPair these slices with a steaming cup of black tea or chai for a comforting meal. For a tropical finish, add fresh berries and a dollop of coconut whipped cream. You may also drizzle a teaspoon of honey or maple syrup over the top for additional sweetness.

Storing and reheatingKeep leftovers in an airtight container at room temperature for up to 24 hours. You can freeze them in a freezer-proof bag for up to 48 hours. Reheat the toast in the oven or toaster until the base is crisp and the centre is warmed through.