



## Coconut Milk Cottage Cheese

This dish has the look of cottage cheese, not exactly the same taste but it is creamy and delicious. You can top it with some blueberries or strawberries. The **gelatin lends protein and the coconut milk packs healthy fats** for a satisfying meal.

Yield: 2 servings

1 1/2 cups lite coconut milk (you can use whole coconut milk but I find it too rich)

3 tsp gelatin, from pastured animals such as [this one](#)

Pinch of sea salt

Berries, for serving

- In a small bowl, sprinkle the gelatin over 1/4 cup of the coconut milk.
- In a small saucepan, bring the remaining coconut milk to a simmer.
- Whisk in the softened gelatin mixture and salt. Whisk vigorously until smooth and dissolved.
- Pour into a bowl and refrigerate until set, at least 5 hours.
- Using a handheld mixer or standing mixer, mix on medium speed for 20-30 seconds until the texture resembles cottage cheese. You can also do this with a wire whisk.
- Top with berries. Enjoy!