Prep time: 10 minutes
Cook time: 5 minutes (optional)
Total time: 15 minutes
Difficulty: Easy

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Ingredients

- 2 cups (450 g) full-fat or low-fat cottage cheese (4% or 2% milkfat)
- 2 medium ripe peaches (about 300 g total), pitted and sliced
- 2 teaspoons honey (or maple syrup)
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg (optional)
- 1 teaspoon fresh lemon juice
- 2 tablespoons chopped walnuts or pecans (optional, for crunch)

- 4–6 fresh mint leaves (optional garnish)

Substitutions: Canned peaches in juice (drained) or frozen sliced peaches (thawed) can replace fresh peaches. Use lactose-free cottage cheese if needed. For a vegan version, use plant-based cottage cheese alternatives and maple syrup instead of honey.

Equipment

- Small nonstick skillet (optional, for warmed peaches)
- Mixing bowl
- Measuring cups and spoons
- Knife and cutting board
- Serving bowls

Step-by-Step Instructions with Times and Intensities

Step 1: Prepare the Peaches (4 minutes, low intensity)

Rinse and dry the peaches. Cut along the natural seam, twist to separate the halves, and remove the pits. Slice each half into 1/4-inch (6 mm) wedges. If you prefer raw peaches, skip to Step 3. Time: 4 minutes. Intensity: low (knife work only). Doneness check: slices should be uniform so they heat evenly.

Step 2: Warm the Peaches (Optional, 5 minutes, medium-low heat)

Place a small nonstick skillet over medium-low heat (about 300°F / 150°C on an electric stovetop, or a low flame on gas). Add the peach slices in a single layer. Cook for 3–4 minutes, stirring gently once or twice, until the slices soften slightly and release their juices but still hold their shape. Stir in the lemon juice and half the cinnamon during the final 30 seconds. Do not let the peaches brown or caramelize; if they begin to sizzle aggressively, reduce the

heat. Time: 5 minutes total. Intensity: low. Doneness check: a knife should slide into a peach slice with slight resistance — soft, not mushy.

Step 3: Season the Cottage Cheese (2 minutes, low intensity)

Spoon the cottage cheese into a mixing bowl. Add the honey and the remaining cinnamon and nutmeg. Stir gently for 30–60 seconds until the seasoning is evenly distributed. Do not over-stir, or the curds will break down and the texture will become watery. Time: 2 minutes. Intensity: low.

Step 4: Assemble and Serve (2 minutes, low intensity)

Divide the cottage cheese between two serving bowls. Top with the warm or raw peach slices, dividing them evenly. Sprinkle with walnuts or pecans if using, and garnish with mint leaves. Serve immediately. Time: 2 minutes. Intensity: low.

Step 5: Chill or Store (if not serving immediately)

If you prefer a cold dish, cover and refrigerate the assembled bowls at 40°F (4°C) or below for 20–30 minutes before serving. Store leftovers in an airtight container in the refrigerator at 40°F (4°C) or below for up to 3 days. Do not freeze — cottage cheese becomes grainy and peaches release excess water upon thawing. Refrigerator intensity: none (passive chilling).

Timing Summary

Stage	Time	Heat/Temperature	Intensity
Prep peaches	4 min	Room temperature	Low
Warm peaches (optional)	5 min	Medium-low, ~300°F / 150°C	Low
Season cottage cheese	2 min	None	Low
Assemble	2 min	None	Low
Chill (optional)	20–30 min	40°F / 4°C	None

Total active time: 13 minutes. Total time with chilling: up to 45 minutes.

Doneness and Texture Targets

- Warm peaches: softened but intact, glossy with released juice, no browning.
- Cottage cheese mixture: evenly seasoned, creamy, curds still distinct.
- Finished dish: contrasts cool, creamy cottage cheese with warm, tender peaches; a light syrup from the peach juices should pool slightly at the bottom of the bowl.

Nutrition Information (Per Serving, 2 Servings)

Calculated with 4% milkfat cottage cheese, fresh peaches, honey, and walnuts included.

Nutrient	**Amount per serving**
Calories	310 kcal
Protein	26 g
Carbohydrates	24 g
– Sugars	21 g
– Fiber	2.5 g
Fat	13 g
– Saturated fat	4.5 g
Cholesterol	20 mg
Sodium	460 mg
Potassium	400 mg
Calcium	130 mg
Vitamin C	12 mg
Vitamin A	8% DV
Iron	5% DV