

Cottage Cheese Breakfast Bowl



Makes 1 Serving

These cottage cheese breakfast bowls are a healthy and easy breakfast. Top them with berries or apples with a touch of cinnamon and honey.

Ingredients:

- 3/4 cup cottage cheese (choose 4%, 2%, 1% or nonfat variety)
- 1/2-3/4 cup fresh berries or chopped apple
- 2 TBSP chopped pistachios or pecans (optional)
- 1 pinch cinnamon
- 1 tsp honey

Directions:

Place the cottage cheese in a bowl. Top with either berries or chopped apple, cinnamon and honey. Sprinkle chopped nuts on top if desired.

Nutritional facts per 3/4-cup serving: (based on using 4% milkfat cottage cheese)

Calories: 223 • Fat: 10.8g • Sodium: 614mg •
Carbohydrates: 12g • Dietary Fiber: 1.6g • Protein: 20g

Source: <https://www.acouplecooks.com/cottage-cheese-breakfast/>