



COTTAGE CHEESE BREAKFAST BOWL



1 SERVINGS



7 MINS

CALORIES
290

PROTEIN
25G

FATS
9G

CARBS
30G

INGREDIENTS

- 1 cup low-fat cottage cheese
- ½ cup mixed berries (strawberries, blueberries, raspberries)
- 1 tbsp honey or maple syrup
- 1 tbsp chia seeds
- 1 tbsp sliced almonds
- ¼ tsp vanilla extract
- ¼ tsp cinnamon

METHOD

1. Place cottage cheese in a bowl.
2. Top with mixed berries.
3. Drizzle with honey or maple syrup.
4. Sprinkle with chia seeds, sliced almonds, and cinnamon.
5. Add a few drops of vanilla extract.
6. Mix gently before eating.