



Build-Your-Own Cottage Cheese Bowl

Servings 1 | Prep time 5 mins. | Total time 5 mins.

Equipment: Bowl, Air-tight container

Utensils: Fork or spoon, Measuring cups and spoons

Ingredients

Savory Bowl

- 1 large hard boiled egg
- 1/2 cup 2% low-fat cottage cheese
- 6 grape tomatoes, sliced
- 1/4 cucumber, sliced
- 1 pinch black pepper

Blueberry Almond

- 1/2 cup 2% low-fat cottage cheese
- 1/8 teaspoon (real or imitation) vanilla extract (optional)
- 1/4 cup (fresh or frozen) blueberries
- 2 tablespoons sliced unsalted almonds
- 1 teaspoon honey

Tropical

- 1/2 cup low-fat 2% cottage cheese
- 1/2 cup canned pineapple tidbits in juice, drained
- 1 tablespoon unsweetened shredded coconut (optional)
- 1/4 banana, sliced

Chocolate Peanut Butter

- 1/2 low-fat 2% cottage cheese
- 1 teaspoon cocoa powder
- 1 teaspoon brown sugar
- 1/8 teaspoon (real or imitation) vanilla extract
- 1 tablespoon peanut butter
- 1/4 cup granola

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and fruits.
2. Place the cottage cheese into a small bowl followed by the rest of the remaining ingredients.
3. Refrigerate the bowl in an air-tight container for up to four days. If using granola, do not prepare with granola ahead of time, as granola will get soggy. If serving with granola, eat immediately.

Nutritional Information: (Savory Bowl)

Calories 190
Total Fat 8g
Sodium 410mg
Total Carbs 10g
Protein 19g