BREAKFAST BERRY COTTAGE CHEESE BOWL

INGREDIENTS:

- ¾ cup low-fat organic cottage cheese
- 1 cup mixed berries
- 2 tablespoons slivered almonds
- drizzle of honey or maple syrup (optional)



NUTRITIONAL INFO:

- Serving: 1bowl
- Calories: 232kcal
- Carbohydrates: 21g
- Protein: 19g
- Fat: 10g
- Saturated Fat: 2g
- Cholesterol: 15mg
- Sodium: 347mg
- Fiber: 7g
- Sugar: 12g

DIRECTIONS:

- Put cottage cheese in a small bowl and top with berries.
- Add slivered almonds and honey or maple syrup if using.

Makes 1 Servings

Reference: https://SkinnyTaste.com