

Cottage Cheese Berry Bowl

Prep Time: 5 minutes

Servings: 4

Ingredients:

- 2 cups unsalted low-fat cottage cheese
- ½ teaspoon vanilla
- 1 cup frozen mixed berries, thawed slightly
- ¼ cup your favorite breakfast cereal (aim for a whole grain and beware of added sugar)
- ¼ cup chopped walnuts (optional)



Directions:

Combine 2 cups cottage cheese and ½ teaspoon vanilla in a small bowl. Divide the cottage cheese mixture among 4 bowls. Top each with ¼ cup berries, 1 tablespoon cereal and 1 tablespoon walnuts

Nutrition (per 3/4 cup per serving):

Calories 170, Fat 6g, Saturated Fat 1g, Cholesterol 5mg, Carbohydrates 14g, Total Sugars 7g, Added Sugars 0g, Protein 16g, Fiber 2g, Sodium 59mg, Potassium 152mg