

RECIPE

Cottage cheese & fruit



1 Serving

Calories: 250cals

Protein: 13g

Fat: 7g

Fiber: 2.6g

Ingredients

- 1/2 cup cottage cheese
- 1/4 cup blueberries, fresh
- 1/4 cup strawberries, sliced
- 2 small leaves fresh mint, chopped
- **Honey** (to drizzle)

Instructions

1. Scoop cottage cheese into a bowl or cup.
2. Top with fresh fruit.
3. **For the sweeter version:** top with fresh mint leaves and drizzle with honey.
4. **For more savoury version:** top with fresh basil, a generous drizzle of balsamic glaze, and freshly cracked black pepper.

5. Stir all ingredients together