

RECIPE

Stuffed Avocado with Cottage Cheese



1 Full serving: 320 cals

Snack serving: 150cals

Protein: 15g

Fat: 23g

Fiber: 14g

Ingredients

- 1 Avocado cut in half
- 2 Tablespoons of cottage cheese per avocado slice
- Salt, pepper, and garlic powder

Preparation

1. Slice avocado in half
2. Fill in avocado hole with Cottage
3. Season to your hearts desire

Tips

Add Pico de gallo to add some for extra flavor. You can also choose this as a snack by cutting the recipe in half.