



COTTAGE CHEESE AND HONEY ON RICE CAKES

An excellently healthy snack option, packing protein and carbs! Satisfy your hunger and curb unhealthy cravings with a nice blend of sweetness and nutrition.

 5 minutes

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 1 portion

INGREDIENTS

- 2 units of snacks, rice cakes, brown rice, plain, unsalted [18 g]
- 4 tablespoons of cheese, cottage, plain [160 g]
- 2 level teaspoons of honey [16 g]

COOKING METHOD

- 1° Simply scoop your tablespoon of cream cheese onto the rice cake and spread.
- 2° Drizzle the honey on top!
- 3° Add a sprinkle of sea salt and black pepper [optional].
- 4° ...and Enjoy!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [194 g]	% DRI
ENERGY	145 kcal	281 kcal	14 %
PROTEIN	9 g	17 g	33 %
CARBOHYDRATE	16 g	32 g	12 %
SUGARS	9 g	17 g	19 %
FAT	5 g	10 g	14 %
FATTY ACIDS, TOTAL SATURATED	3 g	5 g	26 %
FIBER	0 g	1 g	3 %
SODIUM	210 mg	406 mg	17 %