



COTTAGE CHEESE AND BERRIES

Easy and delicious snack. High in protein and antioxidants.

 5 minutes

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 4 portions

INGREDIENTS

- 2 cups cottage cheese lowfat, 2% milkfat [452 g]
- 1 tsp of vanilla extract [4 g]
- 1 cup, thawed or frozen berries, unsweetened [221 g]
- 1/4 cup of chopped walnuts
- 1/4 cup of cereal [e.g. Grape-nuts, Fibre One Honey, granola] [44 g]

COOKING METHOD

- 1° 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.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (186 g)	% DRI
ENERGY	105 kcal	196 kcal	10 %
FAT	4 g	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	9 %
CHOLESTEROL	7 mg	14 mg	5 %
SODIUM	220 mg	410 mg	17 %
CARBOHYDRATE	11 g	20 g	7 %
SUGARS	4 g	8 g	—
FIBER	1 g	3 g	11 %
PROTEIN	8 g	14 g	—