



BERRY CHEESECAKE PROTEIN BOWL

INGREDIENTS

ITEM

Cottage Cheese (Blended for a Smooth Cheesecake Texture)
Strawberries, diced
Blueberries
Crushed Graham Crackers or Low-sugar Granola
Crushed Almonds
Splash of Vanilla Extract
Drizzle of Honey or Sugar-free Syrup (Optional)

QUANTITY

$\frac{3}{4}$ Cup
 $\frac{1}{4}$ Cup
 $\frac{1}{4}$ Cup
1 Tbsp.
1 Tbsp.

SERVING SIZE

1

PREPARATION

- Put cottage cheese in a bowl.
- Add vanilla extract and stir.
- Top with strawberries and blueberries.
- Sprinkle crushed graham crackers and almonds on top.
- Add a drizzle of honey or sugar-free syrup, if desired.