



COTTAGE CHEESE BOWL

INGREDIENTS

ITEM

Cottage Cheese
Blueberries
Chopped Walnuts
Cinnamon

QUANTITY

1 Cup
¼ Cup
2 Tbsp.

SERVING SIZE

1

PREPARATION

- ➡ Add cottage cheese to a bowl.
- ➡ Top with blueberries, walnuts, and cinnamon.