



COTTAGE CHEESE TOAST

INGREDIENTS

ITEM

Whole Grain or Protein Bread
Cottage Cheese
Ripe Tomato
Salt and Pepper
Chili Flakes, Everything Bagel Seasoning,
or Fresh Herbs (Optional)

QUANTITY

1 Slice
½ Cup
2 Slices

SERVING SIZE

1

PREPARATION

- ✔ Toast bread until golden and crisp.
- ✔ Spread cottage cheese evenly over the toast.
- ✔ Layer tomato slices on top of the cottage cheese.
- ✔ Season with salt and black pepper to taste.
- ✔ Add optional chili flakes, seasoning, or fresh herbs for extra flavor.