

COTTAGE CHEESE & CUCUMBER RICE CAKES

INGREDIENTS

ITEM	QUANTITY
• Plain Rice Cakes	2
• Lactose-free Cottage Cheese	½ Cup
• Thinly Sliced Cucumber	½ Cup
• Fresh Dill, chopped	1 Tbsp.
• Lemon Juice	½ Tsp.
• Black Pepper	¼ Tsp.
• Pinch of Salt	
• Onion- and Garlic-free Everything Seasoning, optional	½ Tsp.

SERVING SIZE **2 RICE CAKES**

PREPARATION

- Spread the cottage cheese evenly over the rice cakes.
- Top with sliced cucumber.
- Sprinkle with dill, black pepper, and salt.
- Drizzle with lemon juice.
- Add everything seasoning, if desired.
- Serve immediately.

© BioIntelligent Wellness. All rights reserved. Unauthorized reproduction or distribution is prohibited.