

LOX & CUCUMBER COTTAGE CHEESE RICE CAKES

INGREDIENTS

ITEM	QUANTITY
• Plain Low-Fodmap Rice Cakes	4
• Lactose-Free Cottage Cheese	½ Cup
• Plain Lox or Smoked Salmon	4 Oz.
• Thinly Sliced Cucumber	½ Cup
• Fresh Dill, chopped	1 Tbsp.
• Chives, chopped	1 Tbsp.
• Fresh Lemon Juice	1 Tsp.
• Capers, optional	1 Tbsp.
• Black Pepper, to taste	

SERVING SIZE **2 TOPPED RICE CAKES**

PREPARATION

- Spread cottage cheese evenly over the rice cakes.
- Top with smoked salmon and cucumber.
- Sprinkle with dill and chives.
- Add lemon juice, capers, and black pepper.

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