



Cottage Cheese Bowl

SERVINGS: 1

PREPPING TIME: 2 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1.25 cups of 2% or 4% cottage cheese
- 2 tbsp hemp hearts
- 1/2 cucumber, sliced
- 1/2 tsp dill and/or chives (optional)
- salt (optional)

DIRECTIONS

1. Top cottage cheese with hemp hearts, sliced cucumber, and dill/chives.

NUTRITION INFO

Calories: 360, Carbohydrate: 16 grams Protein: 37 grams, Fat: 16 grams