



SNACK

# Cottage cheese and fruit

A quick snack that does the job. Cottage cheese is one of the best value protein sources going.

Ready in **2 min** | Serves **1**



PROTEIN

**26g**

CARBS

**31g**

FAT

**4g**

CALORIES

**255kcal**

## • INGREDIENTS

200g low fat cottage cheese

100g pineapple or berries

2 rice cakes (optional, included in macros)

Pinch cinnamon

## • METHOD

- 1 Spoon the cottage cheese into a bowl.
- 2 Top with the fruit and a pinch of cinnamon.
- 3 Eat as it is, or spread on the rice cakes for some crunch.

## • SWAPS AND TIPS

- Prefer savoury? Go for cherry tomatoes, cracked pepper and a few chilli flakes.
- Blend it smooth if the texture puts you off.
- Swap the cottage cheese for 200g 0% Greek yoghurt for a little less protein, around 22g.

Macros are per serving and approximate. They vary with brands and portions, so check labels if you're tracking closely.