



Savory Cottage Cheese Breakfast Bowl

SERVINGS: 1 BOWL

PREPPING TIME: 5 MINS

COOKING TIME: 0 MINS

INGREDIENTS

- 3/4 cup low-fat cottage cheese
- 1/3 cup sliced Persian cucumbers
- 1/2 medium bell pepper, seeded and chopped
- 5 grape tomatoes, halved
- 1 tsp. chili crunch oil
- 1 tsp. chives, chopped

DIRECTIONS

1. In a bowl, combine the cottage cheese, sliced cucumbers, chopped bell pepper, and halved grape tomatoes.
2. Drizzle the chili crunch oil over the mixture.
3. Toss everything together gently to combine.
4. Sprinkle over chives and serve immediately and enjoy!

NUTRITION

Serving size: 1 bowl
(per serving) 208.8 calories, 7.7g fat, 2.6g saturated fat, 20.3mg cholesterol, 568.1mg sodium, 16.3g carbohydrate, 1.9g fiber, 11.1g sugar, 19g protein