

BREAKFAST / HIGH PROTEIN



Cottage Cheese Berry Banana Breakfast Bowl

Creamy cottage cheese topped with blueberries, banana, pumpkin seeds, and almond butter for a fast, filling breakfast.

2 min

1 serving

Breakfast

high-protein

quick

sweet

506

Calories / serving

37g

Protein / serving

49g

Carbs / serving

19g

Fat / serving



Ingredients

- 1¼ cups 1% low fat cottage cheese (281.25 g)
- 1/4 cup blueberries (36.25 g)
- 1 tbsp pumpkin seeds (7 g)
- 1 medium (7" to 7-7/8" long) banana, sliced (118 g)
- 1¼ tbsp almond butter (20 g)

Method

- 1 Add cottage cheese to a bowl and top with all other ingredients.

RENEE'S NOTE

"Slice the banana right before serving so it stays fresh and the bowl looks good without extra fuss. Refrigerate within 2 hours, keep at 40°F (4°C) or below, and use refrigerated leftovers within 3 to 4 days."

RENEE'S TWEAK

For prep, pack the pumpkin seeds separately and sprinkle them on at the end so they keep their crunch.