

SNACK / HIGH PROTEIN



Raspberry Cottage Cheese Protein Snack

Creamy low-fat cottage cheese topped with fresh raspberries for a fast, cold snack.

1 min

1 serving

Snack

high-protein

quick

sweet

176

Calories / serving

24g

Protein / serving

14g

Carbs / serving

2g

Fat / serving



Ingredients

- 1 cup 1% low fat cottage cheese (225 g)
- 1/4 cup raspberries (30.75 g)

Method

- 1 Serve together.

RENEE'S NOTE

"Give the cottage cheese a quick stir before topping it so every bite stays creamy instead of watery. Refrigerate within 2 hours, keep at 40°F (4°C) or below, and use refrigerated leftovers within 3 to 4 days."

RENEE'S TWEAK

Spoon the raspberries across one side of the cottage cheese so their color and texture stay visible.