Pineapple Cottage Cheese

Prep Time	Cook Time	Total Time
5 mins	0 mins	5 mins



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Recipe type: Snack
Servings: 1

Ingredients

½ to 1 cup cottage cheese (full-fat or light)
2 pineapple ring slices or ½ cup chunks
1 TB slivered almonds

Instructions

1. Place cottage cheese in a small bowl or plate.
2. Add pineapple on top.
3. Sprinkle with almond slivers.

Balanced Meal Breakdown

Protein – Cottage cheese
Carbs – Pineapple
Fat – Slivered almonds, some from cottage cheese (if it's full-fat or light)