

Cottage Cheese Toast

BREAKFAST/SNACK Makes 1 serving

Delicious toast with cottage cheese and cinnamon sugar. This is a tasty breakfast or snack.

Ingredients

- 1 slice of whole-grain bread
- 40g low fat cottage cheese
- 1/2 tsp granulated sugar
- cinnamon to taste

Directions

1. Lightly toast the bread.
2. Top with cottage cheese, then sprinkle with cinnamon and sugar.
3. Place in an air fryer at 390°F for 3-4 minutes to melt and warm the cheese. Alternatively, you can place it under a broiler until warm and bubbly; watch it carefully for burning!

Notes

You can use any bread you like, my favorite is a thicker cut whole grain sourdough.

I prefer to blend my cottage cheese to make it smooth, but if you don't mind the texture of cottage cheese you can skip this.

Instead of cinnamon sugar, you can add fresh fruit such as berries or apples. Or make it a savory snack with tomato or avocado.



Macros *

Per 1 serving

Calories : 145

Protein : 10 g

Carbs : 24 g

Fat : 1.5 g

*Nutrition information will vary greatly depending on the brand and type of protein powder as well as toppings you choose. For accurate information please weigh your ingredients and calculate in your favorite tracking app.