



## Cottage Cheese Bowl

Yield: 1 serving

### Ingredients:

- 1 cup low-fat cottage cheese
- ½ cup no-sugar-added canned peaches
- ½ teaspoon cinnamon

### Directions:

1. In a small bowl combine cottage cheese, peaches and cinnamon. Enjoy!

### Nutrition information:

Calories: 250

Fat: 3g

Sodium: 930mg

Carbohydrates: 30g

Sugar 22g

Fiber: 4g

Protein: 24g