



Breakfast Parfait

½ cup	Low fat Cottage Cheese (1% milk fat)
½ cup	Chopped Apple, (1/2 cup pear, blueberries, or strawberries would be nice as well)
1 tbsp.	Chopped walnuts or almonds
½ tsp.	Cinnamon

Makes 1 serving

- Layer ½ cup cottage cheese and fruit in a container
- Sprinkle nuts on top and finish with cinnamon

Nutritional Information:

Calories: 165	Fat : 6.06g
Saturated Fat: 1.20g	Cholesterol: 4.52mg
Carbohydrate: 13.61g	Dietary Fiber: 2.61
Protein: 14.01g	