



Pineapple Cottage Cheese



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 2 MINUTES

INGREDIENTS

- 2 palm-sized Low-fat Cottage Cheese (a whole tub)
- 1 hand-sized Pineapple
- 1/2 tbsp Chia Seeds

DIRECTIONS

1. Place cottage cheese in a bowl and layer it with pineapple chunks and chia seeds.

AVERAGE NUTRITION INFO

Energy : 1510 kJ / 361 Cal

Fat : 9 g

Carbs : 34 g

Protein : 33 g

Fibre : 4 g

Sugar : 23 g

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