Cinnamon-Apple Cottage Cheese Bowl

YIELD 1 serving PREP 5 minutes COOK 0 minutes



INGREDIENTS

- 1 cup cottage cheese
- 1/2 medium crisp apple, thinly sliced
- 1 tablespoon peanut butter
- 1 tablespoon chopped roasted peanuts
- 1/4 teaspoon ground cinnamon

DIRECTIONS

1. Spoon the cottage cheese into a shallow bowl.
2. Arrange the apple slices on top. Add the peanut butter and sprinkle with the chopped peanuts and cinnamon.
3. Eat right away while the apple is crisp.

JANE'S NOTE

The cottage cheese is the protein here. Use the kind you like best; a thicker variety keeps the apple slices sitting nicely on top.

MAKE-AHEAD & STORAGE

This is best assembled just before eating. Keep the cottage cheese, apple, and toppings separate if packing it ahead; refrigerate the sliced apple in a covered container for up to 1 day.