

Cottage Cheese Parfait

TIME: 10 MINUTES SERVINGS: 1

INGREDIENTS

- ½ - ¾ cup of cottage cheese
- 1 teaspoon chia seeds
- ¼ cup berries
- 3 tablespoons walnuts
- 1 tbsp honey



Adapted from:

[<https://www.theworktop.com/breakfast-brunch-recipes/cottage-cheese-breakfast-bowl/>]



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PROCEDURE

1. Measure out cottage cheese and toppings
2. Place cottage cheese into bowl
3. Sprinkle chia seeds, berries, and walnuts on top
4. Drizzle with honey



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