Berry-Topped Protein Cottage Cheese Bowl

A refreshing, high-protein low-carb cottage cheese bowl topped with fresh mixed berries for a tasty and healthy snack or light meal.

Servings: 2 **Time:** 10 minutes

Ingredients

- 1 cup low-fat cottage cheese
- 1/4 cup fresh strawberries, sliced
- 1/4 cup fresh blueberries
- 1/4 cup fresh raspberries
- 1 teaspoon chia seeds
- 1/2 teaspoon pure vanilla extract
- A few fresh mint leaves (optional)

Instructions

1. In a small bowl, mix the low-fat cottage cheese with vanilla extract until smooth.
2. Gently fold in the chia seeds.
3. Top the cottage cheese mixture evenly with sliced strawberries, blueberries, and raspberries.
4. Garnish with fresh mint leaves if desired.
5. Serve immediately or chill for 10 minutes before serving.

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