Refreshing Cottage Cheese & Cucumber Bowl

A light, protein-packed bowl combining creamy cottage cheese with crisp cucumber slices and a hint of herbs for a perfect low-carb snack or light meal.

Servings: 2 **Time:** 10 minutes

Ingredients

- 1 cup low-fat cottage cheese
- 1 medium cucumber, thinly sliced
- 1 tablespoon fresh dill, chopped
- 1 teaspoon lemon juice
- 1/4 teaspoon black pepper
- 1/4 teaspoon sea salt
- 1 teaspoon olive oil (optional)

Instructions

1. In a small bowl, mix cottage cheese with lemon juice, fresh dill, salt, and black pepper.
2. Place the cottage cheese mixture into a serving bowl.
3. Arrange cucumber slices evenly on top of the cottage cheese.
4. Drizzle olive oil over the cucumber slices, if desired, for extra flavor.
5. Serve immediately or chill in the refrigerator for 10 minutes before serving.

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