# Refreshing Cottage Cheese Berry Bowl

*A light, protein-packed bowl featuring creamy low-fat cottage cheese with fresh strawberries and a hint of honey for natural sweetness.*

**Servings:** 2 **Time:** 10 minutes

## Ingredients

- 1 cup low-fat cottage cheese
- 1 cup fresh strawberries, hulled and sliced
- 1 tsp honey (optional)
- 1 tbsp chopped almonds or walnuts
- 1/2 tsp vanilla extract
- A pinch of ground cinnamon

## Instructions

1. In a bowl, combine the low-fat cottage cheese and vanilla extract; stir gently.
2. Add the sliced fresh strawberries on top.
3. Drizzle honey over the berries if you want a touch of sweetness.
4. Sprinkle chopped nuts and a pinch of cinnamon on top for crunch and flavor.
5. Serve immediately or chill for 10 minutes for a cooler, refreshing treat.

powered by dishgen