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**APPLE CINNAMON COTTAGE CHEESE BREAKFAST BOWL**

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*Enjoy this healthy, fast, and easy breakfast. It's a mixture of protein-packed cottage cheese, crispy apples, crunchy walnuts, and warm cinnamon. This balanced meal is high in fiber, protein, healthy fats, calcium, and antioxidants. Isn't it great?!*

**Yield:** 1 serving

**Serving Size:** 1 bowl

**Ingredients:**

- ½ cup of **2% cottage cheese**
- 1 medium **apple**, chopped
- 1 tbsp **walnuts**, chopped
- 1 tbsp **maple syrup**
- 1 pinch of **cinnamon**

**Instructions:**

1. Place scoop of cottage cheese in a single-serving bowl. Layer remaining ingredients on top of the cottage cheese.
2. Serve immediately or store in an airtight container in the fridge for up to 4 days.

**Per Serving:** Calories 234, Carbohydrates, 33g, Protein 16g, Saturated Fat 2g, Sodium 414 mg, Fiber 6 g, Sugars 27g

This recipe was adapted from <https://www.budgetbytes.com/>