



# Cottage Cheese with Berries

Prep Time 5 mins  
 Total Time 5 mins  
 Meal Type Breakfast,Lunch,Dinner,Snack,Side  
 Contributed By



Source Living Plate Teaching Kitchen

Servings 2



## Ingredients

lb,c g,ml

- 1 cups cottage cheese, whole milk
- 1/4 cups blueberries
- 2 Tbs hemp seeds

## Directions

### Make

1. Add cottage cheese to serving cups and top with blueberries and hemp seeds.

## Notes

Other berry and nut/seed combinations we love: strawberries + almonds, raspberries + sunflower seeds, blackberries + walnuts

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> per serving	<b>136</b>	<b>Total Fat</b> 7.9g	12%	<b>Total Carbohydrates</b> 5g	1%
		Saturated Fat 2.5g	12%	Dietary Fiber 1g	3%
		Trans Fat 0.0g		Total Sugars 3g	
		<b>Cholesterol</b> 15mg	5%	<b>Protein</b> 13g	
		<b>Sodium</b> 231mg	10%		
Vitamin D 0mcg 0% · Calcium 63mg 6% · Iron 1mg 4% · Potassium 134mg 2%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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