



Organic Blueberries & Cottage Cheese

Active Time: 5 minutes | **Total Time:** 5 minutes | **Serves:** 1

Nutrition Information Per Serving

151.4 calories, 13.45 g carbohydrate, 2.89 g fiber, 10.56 g NET carbs, 13.5 g protein, 5.25 g fat

Ingredients

- 1/2 packet(s) SweetLeaf Stevia Plus Sweetener
- 1/2 cup(s) frozen organic blueberries, thawed
- 1/2 cup(s) organic cottage cheese
- 1/2 tsp(s) organic cinnamon

Preparation

1. Thaw blueberries.
2. Add cottage cheese to a bowl.
3. Mix in cinnamon and stevia.
4. Top with blueberries.

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