



Cottage Cheese with Fruit Sauce

Homemade fruit sauce adds the perfect sweetness to protein-packed cottage cheese for a quick and tasty breakfast or snack.

U.S.

4 cups
2 Tbsp
1 cup
3 cups

Berries or other fruit, frozen or fresh
Granulated sugar
Water
Cottage cheese, regular, plain

Metric

280 g
12 g
115 mL
452 g

Preparation:

1. Gather all ingredients and equipment.
2. In a small saucepan over medium heat, add the berries, sugar, and water.
3. Bring to a simmer and allow to cook for about 10 minutes. Mash the berries and simmer the sauce until thickened, about 10 more minutes.
4. Remove the sauce from the heat, allowing to cool. Sauce can be stored in an airtight container in the refrigerator for several days.
5. To serve, spoon 1/2 cup of the cottage cheese in a small bowl and top with 2 Tbsp of the fruit sauce.

****Nutrition Facts on Reverse**

Nutrition Facts

6 Servings

Serving size **1/2 cup cottage cheese and 2 Tbsp fruit sauce**

Amount per serving

Calories **230**

Calories from Fat 50

Total Fat 6 g

 Saturated Fat 3 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 25 mg

Sodium 400 mg

Total Carbohydrate 34 g

 Dietary Fiber 8 g

 Total Sugars 22 g

 Includes 4 g Added Sugars

Protein 11 g

Vitamin D 0 %

Calcium 10 %

Iron 0 %

Potassium 376 mg

Phosphorus 184 mg
