



As presented by Lifestyle Expert Alison Deyette on Access Hollywood Live, Muuna's Apple Breakfast Parfait packs protein and a punch of flavor. Make and eat the morning of or prepare the night before to jump start your day with a satisfying, high protein breakfast.

See Alison prepare the recipe on Access Hollywood Live:

<https://www.accesshollywood.com/articles/stick-your-new-years-resolutions-muuna-cottage-cheese/>

## INGREDIENTS

- 2 small apples
- 1/2 tablespoon brown sugar
- 1/2 teaspoon cinnamon
- 1 1/2 tablespoons water
- 1/3 cup gluten-free oats
- 1/2 tablespoon melted coconut oil
- 1/2 tablespoon melted coconut oil
- 1 tablespoon unsweetened shredded coconut
- 1/3 cup Muuna peach cottage cheese (or flavor of choice)
- 1 tablespoon chopped pecans



## INSTRUCTIONS

- 1) Peel and core the apples and cut them into small, bite-sized pieces. Place the chopped apples into a microwaveable container and stir in brown sugar, cinnamon and water. Microwave for approximately 1 to 1 1/2 minutes until the apple is tender. Remove from the microwave and allow to cool.
- 2) In a bowl, mix together the oats, shredded coconut and melted coconut oil.
- 3) Place a layer of oats and on top of that, layer with stewed apples and Muuna peach cottage cheese. Repeat until the cup is almost completely filled. Sprinkle with chopped pecans

