



Nutrition Information Per Serving:

Calories: 290
Protein: 11 g
Carbohydrates: 26 g
Fat: 3 g
Fiber: 6 g

PREP TIME 12 mins	COOK TIME 0 mins	TOTAL TIME 12 mins	RECIPE MAKES 2 servings
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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 here: <https://www.accesshollywood.com/articles/stick-your-new-years-resolutions-muuna-cottage-cheese/>

INGREDIENTS

- 2 Small apples
- ½ Tbsp. Brown sugar
- ½ tsp. Cinnamon
- 1½ Tbsp. Water
- ⅓ cup Gluten-free oats
- ½ Tbsp. Coconut oil, melted
- 1 Tbsp. Unsweetened shredded coconut
- 1 Container of 5.3oz. peach Muuna cottage cheese
- 1 Tbsp. Pecans, chopped

INSTRUCTIONS

- 1) Peel and core the apples and cut them into small, bite-sized pieces. Place the chopped apples into a microwavable container and stir in brown sugar, cinnamon and water. Microwave for approximately 1 to 1 ½ 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. "nice cream" into a container and freeze for 1-2 hours.
- 3) Place the oat mixture in the bottom of your serving glass. Add a layer of stewed apples and top with cottage cheese. Repeat until the cup is almost completely filled.
- 4) Sprinkle with chopped pecans.