



**Nutrition Information Per Serving:**

Calories: 162  
Protein: 11 g  
Carbohydrates: 26 g  
Fat: 2 g  
Fiber: 4 g

<b>PREP TIME</b> <b>3</b> mins	<b>COOK TIME</b> <b>0</b> mins	<b>TOTAL TIME</b> <b>3</b> mins	<b>RECIPE MAKES</b> <b>1</b> serving
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This combination by [Sweet Tooth Sweet Life](#) is an easy breakfast fix that jumpstarts your day. The pear sprinkled with cinnamon adds a touch of sweetness to make your morning a little brighter and the protein-packed Muuna Cottage Cheese helps keep you feeling satisfied until lunch!

## INGREDIENTS

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- 1 slice Whole wheat bread, toasted
- ¼ cup Lowfat Plain Muuna cottage cheese
- ½ Pear, sliced
- Ground cinnamon, to taste

## INSTRUCTIONS

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- 1) Spread the cottage cheese on the toast.
- 2) Place slices of pear on the toast.
- 3) Sprinkle with cinnamon.
- 4) Enjoy!