



Nutrition Information Per Serving:

Calories: 269
Protein: 23 g
Carbohydrates: 22 g
Fat: 9 g
Fiber: 3 g

PREP TIME 3 mins	COOK TIME 0 mins	TOTAL TIME 3 mins	RECIPE MAKES 1 serving
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It's always a good time for pumpkin spice – especially when it's a delicious and filling snack with over 19g of protein (beat THAT, pumpkin spice latte!). Top a protein-packed, single-serve Lowfat Plain Muuna cottage cheese with pumpkin butter, granola, and toasted pumpkin seeds for a creamy, crunchy treat that will fuel your fall adventures.

INGREDIENTS

- 1 Container of 5.3oz. Lowfat Plain Muuna cottage cheese
- 1 tsp. Pumpkin pie spice
- 1 ½ Tbsp. Pumpkin butter
- 1 Tbsp. Granola
- 1 Tbsp. Toasted pumpkin seeds

INSTRUCTIONS

- 1) Open the container of Muuna cottage cheese, sprinkle in the pumpkin pie spice, and stir.
- 2) Top with pumpkin butter, granola, and pumpkin seeds.
- 3) Grab a spoon and enjoy!