



Nutrition Information Per Serving:

Calories: 189
Protein: 21 g
Carbohydrates: 9 g
Fat: 8 g
Fiber: 1 g

PREP TIME 3 mins	COOK TIME 0 mins	TOTAL TIME 3 min	RECIPE MAKES 1 serving
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With 21g of protein, this Mediterranean Topped Muuna cottage cheese is the perfect grab-n-go snack or lunch that will fill you up for whatever life throws your way! This recipe tops ridiculously creamy Lowfat Plain Muuna cottage cheese with crunchy chickpeas, roasted red peppers, fresh basil, and a tahini drizzle.

INGREDIENTS

- 1 Container of 5.3oz. Lowfat Plain Muuna cottage cheese
- 1 Tbsp. Roasted red peppers, chopped
- ½ Tbsp. Crunchy toasted chickpeas
- ½ Tbsp. Fresh basil, chopped
- ½ Tbsp. Tahini sauce

INSTRUCTIONS

- 1) Open the container of Muuna cottage cheese and stir.
- 2) Top with chickpeas, roasted red peppers, basil, and a tahini sauce drizzle.
- 3) Grab a spoon and enjoy!