



**Nutrition Information Per Serving:**

Calories: 179  
Protein: 20 g  
Carbohydrates: 13 g  
Fat: 5 g  
Fiber: 1 g

<b>PREP TIME</b> <b>3</b> mins	<b>COOK TIME</b> <b>0</b> mins	<b>TOTAL TIME</b> <b>3</b> min	<b>RECIPE MAKES</b> <b>1</b> serving
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Add crunchy shredded carrots and apples, juicy raisins, and slivered almonds to the top of your ridiculously creamy Lowfat Plain Muuna cottage cheese for a tasty protein-packed snack or lunch.

**INGREDIENTS**

- 1 Container of 5.3oz. Lowfat Plain Muuna cottage cheese
- 2 Tbsp. Granny Smith apple, shredded
- 1 Tbsp. Carrot, shredded
- 1 tsp. Raisins
- 1 tsp. Slivered almonds

**INSTRUCTIONS**

- 1) Open the container of Muuna cottage cheese and stir.
- 2) Top with carrot, apple, raisins, and almonds.
- 3) Grab a spoon and enjoy!