



Nutrition Information Per Serving:

Calories: 155
Protein: 15 g
Carbohydrates: 16 g
Fat: 4 g
Fiber: 1 g

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|------------------------------------------|------------------------------------------|-------------------------------------------|------------------------------------------------|
| PREP TIME 3 mins | COOK TIME 0 mins | TOTAL TIME 3 mins | RECIPE MAKES 1 serving |
|------------------------------------------|------------------------------------------|-------------------------------------------|------------------------------------------------|

Top protein-packed vanilla Muuna cottage cheese with Mandarin orange segments and crunchy, unsweetened coconut for a ridiculously creamy snack reminiscent of a coconut creamsicle. This version has 15g of protein and makes for a great breakfast, lunch, snack, or dessert.

INGREDIENTS

- 1 Container of 5.3oz. Vanilla Muuna cottage cheese
- ½ Seedless Mandarin orange, segmented
- 1 tsp. Unsweetened coconut

INSTRUCTIONS

- 1) Open the container of Muuna cottage cheese and stir.
- 2) Top with Mandarin orange segments and coconut.
- 3) Grab a spoon and enjoy!