



**Nutrition Information Per Serving:**

Calories: 277

Protein: 11 g

Carbohydrates: 41 g

Fat: 9 g

Fiber: 5 g

<b>PREP TIME</b> <b>5</b> mins	<b>COOK TIME</b> <b>0</b> mins	<b>TOTAL TIME</b> <b>5</b> mins	<b>RECIPE MAKES</b> <b>1</b> serving
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Top your waffles with fruity, protein-packed Black Cherry Muuna cottage cheese, creamy chocolate hazelnut spread, and fresh pear pieces. You'll get a breakfast protein upgrade (11 g per serving!) that will fuel your day!

**INGREDIENTS**

- ½ Container of 5.3oz. Lowfat Black Cherry Muuna cottage cheese
- 1 Whole grain waffle, frozen and toasted or homemade
- 1 Tbsp. Chocolate hazelnut spread
- ½ Pear, chopped into ½-inch cubes

**INSTRUCTIONS**

- 1) Open the container of Muuna cottage cheese and stir.
- 2) Spread 1 Tbsp. of chocolate hazelnut spread onto the waffle.
- 3) Spoon the Muuna cottage cheese onto the waffle.
- 4) Top with chopped pear.
- 5) Enjoy!