



**Nutrition Information Per Serving:**

Calories: 270  
Protein: 12 g  
Carbohydrates: 23 g  
Fat: 15 g  
Fiber: 3 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
--	--	---	--

Top your waffles with fruity, protein-packed Raspberry Muuna cottage cheese, creamy peanut butter, and crunchy chia seeds. You'll get a breakfast protein upgrade (12 g per serving!) that will fuel your day!

**INGREDIENTS**

- 1 Container of 5.3oz. Raspberry Muuna cottage cheese
- 1 Whole grain waffles, frozen and toasted or homemade
- 1 Tbsp. Peanut butter
- ¼ tsp. Chia seeds

**INSTRUCTIONS**

- 1) Open the container of Muuna cottage cheese and stir.
- 2) Spread the peanut butter evenly onto the waffle.
- 3) Spoon ½ the container of Muuna onto the peanut butter.
- 4) Sprinkle waffle with chia seeds.
- 5) Enjoy!