



**Nutrition Information Per Serving:**

Calories: 207  
Protein: 13 g  
Carbohydrates: 32 g  
Fat: 3 g  
Fiber: 4 g

<b>PREP TIME</b> <b>10</b> mins	<b>COOK TIME</b> <b>5</b> mins	<b>TOTAL TIME</b> <b>15</b> mins	<b>RECIPE MAKES</b> <b>1</b> serving
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Start your morning right with this filling and nutritious breakfast bowl. Double the protein by using quinoa, a hearty ancient grain, and ridiculously creamy Vanilla Muuna cottage cheese. Not only is it delicious, it's got a whopping 13 grams of protein that will fuel your day!

**INGREDIENTS**

- ½ Container of 5.3oz. Vanilla Muuna cottage cheese
- ½ cup Cooked quinoa
- ¼ cup Fresh Strawberries, sliced
- ¼ cup Freeze-dried blueberries
- 1 tsp. Bee pollen

**INSTRUCTIONS**

- 1) In a large bowl, add cottage cheese and quinoa and stir until combined.
- 2) Top with strawberries, blueberries, and bee pollen.
- 3) Enjoy!