



Nutrition Information Per Serving:

Calories: 167
Protein: 17 g
Carbohydrates: 13 g
Fat: 5 g
Fiber: 0.3 g

PREP TIME 3 mins	COOK TIME 0 mins	TOTAL TIME 3 mins	RECIPE MAKES 1 serving
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Top your Pineapple Muuna cottage cheese with crispy, fresh apple chunks and toasted chopped almonds for a delicious snack or meal! This recipe came directly from Muuna fan Deb S., who says this is one of her favorite ways to eat Muuna.

INGREDIENTS

- 1 Container of 5.3oz. Pineapple Muuna cottage cheese
- 1 Tbsp. Fuji apple, chopped
- ½ Tbsp. Almonds, toasted and chopped

INSTRUCTIONS

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