



Nutrition Information Per Serving:

Calories: 22

Protein: 7 g

Carbohydrates: 38 g

Fat: 4 g

Fiber: 3 g

PREP
TIME
5
mins

COOK
TIME
0
mins

TOTAL
TIME
5
mins

RECIPE
MAKES
5
serving

Whether you're serving a crowd or just snacking at home, these sweet and spicy toasts are a tasty and protein-packed treat that everyone will enjoy. By using ridiculously creamy, protein-packed Lowfat Plain Muuna cottage cheese, you'll add protein, calcium, potassium, and probiotics!

INGREDIENTS

- 10 Baguette rounds, toasted
- 5 Tbsp. Lowfat Plain Muuna cottage cheese
- 5 tsp. Pepper jelly
- 10 Pecan halves, toasted

INSTRUCTIONS

- 1) Add ½ Tbsp. cottage cheese to each baguette round.
- 2) Top each with ½ tsp. pepper jelly and a pecan half.
- 3) Place the toasts on a plate and serve.