



Nutrition Information Per Serving:

Calories: 348
Protein: 25g
Carbohydrates: 41g
Fat: 10g
Fiber: 3g

PREP TIME 5 mins	COOK TIME 0 mins	TOTAL TIME 5 mins	RECIPE MAKES 1 serving
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Our fans come up with great ways to eat their favorite snack! @the_model_cook shared a variation of this recipe with us on Instagram – we just added chia seeds for extra crunch and raspberries for sweetness.

INGREDIENTS

- 1 Container of 5.3oz. Lowfat Plain Muuna cottage cheese
- 3-4 Fresh raspberries
- ½ Tbsp. Sunflower butter
- ½ Tsp. Chia seeds
- 1 cup Mini pretzels

INSTRUCTIONS

- 1) Open the container of Muuna cottage cheese.
- 2) Top with sunflower butter, raspberries, and chia seeds.
- 3) Eat with pretzels.