

Cinnamon Honey Cottage Cheese

submitted by elm333



Per serving: 228 Calories • 24g Carbs (0.4g Fiber) • 2.3g Fat • 28.1g Protein

Ingredients

Ingredients scaled to: 2 serving

1/2 tsp **Cinnamon** (1.3 grams)

2 cup, (not packed) **Cottage cheese** (452 grams)

2 tbsp **Honey** (42 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Mix cottage cheese with cinnamon and honey. Enjoy!