



Cottage Cheese & Fruit Surprise

Serves 1

½ cup low fat cottage cheese (or nonfat)
½ cup diced apples
Dash of cinnamon
Dash of vanilla

1. Combine in a bowl and stir.
2. The ratio of fruit to cottage cheese can change to your liking. Sometimes, to add a little sweetness, use little bits of fruit with a splash of syrup from canned peaches or fruit cocktail.

