

A top-down view of a white ceramic bowl filled with a thick, white cottage cheese-based fruit bowl. The bowl is garnished with several bright yellow mango cubes, several dark blue blueberries, two thin slices of lime, and several small, bright red goji berries. A wooden spoon is partially visible on the right side of the bowl. The background is a light, neutral color.

COTTAGE CHEESE FRUIT BOWL

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Makes: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
310 kcal
10g Fats
33g Carbs
26g Protein



WHAT YOU NEED

- 1 cup (170g) mango, cut into cubes
- 1 cup (148g) blueberries
- juice of half a lime
- 2 cups (400g) cottage cheese, full fat
- ¼ cup (30g) Goji berries

WHAT YOU NEED TO DO

Peel and cut the mango into cubes then place in a bowl. Mix in the lime juice and blueberries.

Spread the cottage cheese between 4 small bowls, top with the fruit salad and sprinkle with Goji berries. Serve immediately.