Banana Brûlée Cottage Cheese Toast

Entire recipe: 156 calories, 2g total fat (0.5g sat. fat), 286mg sodium, 19.5g carbs, 4g fiber, 10g sugars, 9.5g protein

[Click for WW Points® value*](#)
WW Points® value 3*

Total: 5 minutes

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Ingredients

1 slice whole-grain bread with 60–80 calories
1/4 cup low-fat cottage cheese
1/3 cup sliced banana
1 dash cinnamon
1 1/2 tsp. natural no-calorie brown sugar substitute that measures like sugar (like the kind by Swerve)

Directions

Toast bread.

Top with cottage cheese, banana, cinnamon, and sugar substitute.

Using a kitchen torch, heat sugar substitute until caramelized, 5–10 seconds. (Alternatively, broil toast in the oven for about 1 minute.)

MAKES 1 SERVING

Make this cottage cheese toast, quick! See how it's done...