



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

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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...](#)

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