



Double-O-Cinnamon Apple Breakfast Bowl



Entire recipe: 182 calories, 0.5g total fat (0g sat. fat), 429mg sodium, 32.5g carbs, 5g fiber, 24g sugars, 13.5g protein

Prep: 5 minutes



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Ingredients

1/2 cup fat-free cottage cheese
1 no-calorie sweetener packet (like Splenda or Truvia)
1 drop vanilla extract
1/2 tsp. cinnamon, divided
1 Fuji apple, cored and cubed

Directions

Place cottage cheese in a bowl with sweetener, vanilla extract, and 1/4 tsp. cinnamon. Mix well.

Top with apple cubes, and then sprinkle with remaining 1/4 tsp. cinnamon. Enjoy!

MAKES 1 SERVING

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