



Hot Honey Cottage Cheese Pizza Toast



Entire recipe: 160 calories, 2.5g total fat (0.5g sat. fat), 458mg sodium, 25.5g carbs, 4g fiber, 10g sugars, 10.5g protein

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Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

1 slice whole-grain bread with 60–80 calories per slice
2 tbsp. pizza sauce
1/4 cup low-fat cottage cheese
1 tbsp. chopped sun-dried tomatoes (bagged or rinsed)
1 dash garlic powder
1 dash dried oregano
1 tbsp. chopped fresh basil
1/2 tsp. hot honey (like [Mike's Hot Honey](#))
Optional topping: crushed red pepper

Directions

Toast bread.

Place sauce in a small microwave-safe bowl. Microwave for 10 seconds, or until warm.

Spread sauce over toast. Top with remaining ingredients.

MAKES 1 SERVING

See how it's done! [Just watch](#) how easy it is to make this recipe, then try it yourself!

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