



ALTERED ATHLETICS

COTTAGE CHEESE & BERRY POWER BOWL

Calories: 330

Protein: 35g | **Carbs:** 30g | **Fat:** 6g

Ingredients:

Low-fat cottage cheese (2%) – 200g

Strawberries – 80g

Blueberries – 50g

Chia seeds – 5g

Honey – 5g (optional)

Cinnamon – sprinkle

Directions:

Scoop cottage cheese into a bowl.

Top with berries, chia seeds, and cinnamon.

Drizzle with honey if desired.