

APPLE-Y COTTAGE CHEESE

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Prep time: 5 minutes

Servings: 1

Serving size: 3/4 cup
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This recipe has Bailey Butterfly flapping her wings! It's delicious and super easy to make. Just combine all of the ingredients, mix 'em up and enjoy!



INGREDIENTS:

- 1/2 cup cottage cheese
- 1/4 cup unsweetened applesauce
- 1/4 tsp cinnamon
- 1/2 tsp brown sugar
- 1 tbsp raisins

EQUIPMENT AND SUPPLIES:

- Bowl

Adult supervision required.

DIRECTIONS:

1. Add all ingredients to a small bowl and stir well to combine.

<p>Nutrition Facts Serv. Size approximately 3/4 cup, Amount Per Serving: Calories 160, Total Fat 3g, Saturated Fat 1g, Trans Fat 0g, Sodium 380mg, Total Carbohydrate 21g, Dietary Fiber 2g, Sugars 12g, Protein 14g</p>

