



Cottage Cheese and Fruit Bowls

Add more meat alternates to your menu with this trendy cottage cheese recipe. It provides the perfect blend of sweet and tart.

Ages: 3–5 years

Makes: 6 servings

Prep time: 15 minutes

Cook time: 0 minutes

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INGREDIENTS

1 cup kiwi, fresh, peeled, ¼" sliced (gently wash kiwi under running water before cutting/peeling)

1 cup blueberries, fresh, whole (gently wash blueberries under running water)

1 cup strawberries, fresh, ¼" sliced (gently wash strawberries under running water before cutting)

¾ cup cottage cheese, low-fat, small curd

¼ cup + 2 Tbsp granola (optional)

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DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Place kiwi, blueberries, and strawberries in a small bowl. Toss to combine.
3. Place ½ cup fruit in a bowl. Top with ⅛ cup (2 Tbsp) cottage cheese and 1 Tbsp granola (optional).
4. Serve 1 bowl. Serve immediately, or keep cold at 40 °F or lower.

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NUTRITION INFORMATION

1 Cottage Cheese and Fruit Bowl
(without granola)

Nutrients	Amount
Calories	68
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Total Fat	1 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	5 mg
Total Carbohydrate	12 g
Dietary Fiber	2 g
Total Sugars	8 g
Includes Added Sugars	N/A
Protein	4 g
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Vitamin D	N/A
Calcium	37 mg
Iron	1 mg
Potassium	N/A


N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov


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CACFP CREDITING INFORMATION

½ cup fruit
½ oz eq meat alternate
¼ oz eq grains (optional) 

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CHEF TIPS

- **Contains milk (cottage cheese) and wheat (granola [optional]).**
- Adding optional ingredients will change the nutrition information and may change the CACFP crediting information.
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- **Choking Risk:** Granola and whole blueberries can be a choking risk for children under the age of 4.
- Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast in the CACFP.
- For breakfast, you can credit the grains or meats/meat alternates in the recipe toward the reimbursable meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.