



## 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:** 6–18 years

**Prep time:** 15 minutes

**Makes:** 6 servings

**Cook time:** 0 minutes

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### INGREDIENTS

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**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)

**1½ cup** cottage cheese, low-fat, small curd

**¼ cup + 2 Tbsp** granola

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### DIRECTIONS

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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 ¼ cup cottage cheese and 1 Tbsp granola.
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

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>121</b>

<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	4 mg
<b>Sodium</b>	<b>224 mg</b>
<b>Total Carbohydrate</b>	<b>21 g</b>
Dietary Fiber	3 g
Total Sugars	9 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>7 g</b>

Vitamin D	N/A
Calcium	73 mg
Iron	1 mg
Potassium	N/A


N/A = Data not available

*Source:* Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)


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## CACFP CREDITING INFORMATION

½ cup fruit  
1 oz eq meat alternate  
¼ oz eq grains 

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## CHEF TIPS

- **Contains milk (cottage cheese) and wheat (granola).**
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- 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.