



TOASTED GRANOLA & BERRIES COTTAGE CHEESE

Busy mornings? Start your day right with this quick and easy breakfast. Super busy mornings? No problem, you can prepare the toasted granola ahead of time!

Preparation time: 10 minutes • Cooking time: 10 minutes • 4 servings

INGREDIENTS

- 4 tsp (20 mL) honey
- 1 tbsp (15 mL) water
- 3/4 cup (175 mL) large flake rolled oats
- 1/4 cup (60 mL) pecans, chopped
- 2 cups (500 mL) Cottage cheese
- 1/8 tsp (0.5 mL) ground ginger (optional)
- 1 tbsp (15 mL) vanilla extract
- 2 cups (500 mL) fresh berries* (or frozen berries thawed)

PREPARATION

In a small saucepan, combine honey and water. Bring to a simmer over medium-low heat, stirring often. Simmer for about 2 minutes. Add oats and pecans and cook, stirring constantly to prevent burning, for about 5 minutes or until toasted and dry. Transfer to a bowl and let cool.

In a bowl, combine Cottage cheese, ginger (if desired) and vanilla. Divide among 4 serving bowls and top with berries and granola.

*For a different flavour combination: replace berries with diced apple or pear and dried cranberries.



Did you know that 68% of Canadians do not consume enough calcium every day? Milk, cheese and yogurt naturally contain calcium that is easily absorbed by the body. This Toasted Granola & Berries Cottage Cheese is a satisfying breakfast to start your day right and adds calcium to your diet.

Your dietitian

Name: _____

Contact: _____

Organization: _____

Dietitians are regulated health care professionals, using their specialized food and nutrition knowledge and skills to translate science into trusted healthy living advice for all Canadians.

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