Power of Cottage Cheese

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What is Cottage Cheese?

- Cottage Cheese is fresh cheese that is white and creamy in appearance
- Created from the curds of processed cow's milk

Cottage Cheese is Packed with Nutrients!

Protein
Helps build muscle and bones

B Vitamins
Helps with energy level and brain function

Calcium
Builds strong bones

Selenium
Helps keep your immune system strong

Jump Start Your Day With A Cottage Cheese Breakfast Bowl!

1/2 cup of cottage cheese + favorite fruit, nuts, seeds, granola

Apple Cinnamon Breakfast Bowl
Fresh Fruit Breakfast Bowl
Nuts and Dried Fruit Breakfast Bowl

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