

Cottage Cheese Grapefruit Bowl

- 3 T 2% cottage cheese
- 2 T 2% plain Greek yogurt
- 1/2 pink grapefruit, [supremed](#)
- 2 t sunflower or pumpkin seeds
- 2 t dried mulberries or raisins
- 7 - 8 raw cashews (optional)
- 2 - 3 t pomegranate seeds (optional)
- 1 T toasted coconut chips (optional)

In a medium sized bowl, combine all ingredients. Stir to combine flavours. Add a splash of grapefruit juice to thin if desired. Serve with a slice of toast or some crackers. Perfect for snack time, breakfast, lunch or a post too many rich meals mini dinner. Serves 1.

Jittery Cook