

Not Your Mother's Cottage Cheese

Ingredients

1 cup cottage cheese

½ cup unsweetened canned pears (in juice, not syrup!)

Handful of walnuts, chopped

Directions

1. Scoop some cottage cheese or ricotta! into a bowl.
2. Slice/chop the pears to make it easier to eat.
3. Sprinkle a handful or two of chopped walnuts on top.
4. Yum.

Mary-Beth says: *"This has been a favorite lunch box snack for me since 2009. I remember a colleague commenting that it was "so italian". This snack helps fill the afternoon hunger nicely and without guilt. (I also have eaten this for breakfast!)"*