

Mexican Breakfast Bowl

THM-Friendly: S



Breakfast Bowl

- 1/2 cup low-fat (1%) cottage cheese
- 1/2 cup nonfat Greek yogurt (plain)
- 1 Tbsp. Creamy Dreamy Plant Protein
- 1 tsp. taco seasoning (no sugar added)

Mix all the ingredients in a bowl. Choose from the following toppings.

Optional Toppings

- Rotel
- black olives
- onions
- jalapenos
- 1/2 avocado

You can sprinkle the top with a little more taco seasoning and some sprouted sunflower seeds for garnish.

To change this breakfast bowl to an E meal, eliminate the black olives and avocado. You could add black beans or quinoa instead. You would also pull back on the sunflower seeds to a very small garnish.

