

# Whipped Cottage Cheese Bowl

with Tomato and Cucumber Salad

THM-Friendly: S

- 3/4 cup low-fat or nonfat cottage cheese
- 1/4 cup plain Greek yogurt
- 1 heaping Tbsp. THM optimized plant protein
- garlic powder, oregano, and basil to your taste

Whip these ingredients together well with a stick blender or a Ninja chopper. Place in a large, shallow bowl.

To the top of the cottage cheese mixture, add:

- 1 medium cucumber (peeled or unpeeled)
- 1 large tomato
- a drizzle of olive oil
- a small drizzle of balsamic vinegar (to keep carbs low)
- a sprinkle of Bragg's (regular or coconut)
- basil, oregano, salt, pepper, garlic powder, onion powder to your taste

Can enjoy as a meal or as a dip for veggies.

enJOY!

