

Cottage Crunch Berries



Makes 35 servings
2 mini-rice cakes per serving

INGREDIENTS

- 1 pkg. (3.5 oz.) rice cake multigrain minis
- 16 oz. low-fat cottage cheese
- 8 oz. blackberries, rinsed
- 8 oz. blueberries, rinsed

PREPARATION

1. Pass out 2 mini-rice cakes to each student.
2. Have students add 1 Tbsp. of cottage cheese on top of each rice cake.
3. Place 1 blueberry and 1 blackberry on top of the cottage cheese and place on a napkin.
4. Serve immediately.



Nutrition information per serving: Calories 23, Carbohydrate 3g, Dietary Fiber 1g, Protein 2g, Total Fat 0g, Saturated Fat 0g, Trans Fat 0 g, Cholesterol 2mg, Sodium 58mg

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