

Tropical Cottage Cheese Fruit Bowl: The Perfect Healthy Breakfast

Tropical Cottage Cheese Fruit Bowl: The Perfect Healthy Breakfast



TIME
5 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

1 cup cottage cheese (low-fat or full-fat)

$\frac{1}{2}$ cup mango cubes

$\frac{1}{2}$ cup sliced strawberries

$\frac{1}{2}$ cup kiwi, peeled and sliced

... cup blueberries

1 tbsp pomegranate seeds

Fresh mint leaves (for garnish)

Swaps & Notes:

Cottage Cheese: Both low-fat and full-fat cottage cheese work well here. Full-fat will be creamier, but low-fat is a great option if you're watching your calories.

Fruits: This bowl is incredibly versatile. Feel free to use raspberries, sliced banana, peaches, or any seasonal fruit you love.

Toppings: For extra crunch and sweetness, you can add a drizzle of honey, a sprinkle of chia seeds or granola, or even a few chopped nuts.

Customization: This recipe is a great template. You can use different spices like a dash of cinnamon or a little vanilla extract in the cottage cheese for a different flavor.

DIRECTIONS

1. Spoon the : Cottage Cheese: Start by spooning the cottage cheese into a serving bowl. Spread it out evenly to create a flat surface for your fruit.
2. Arrange the : Fruits: This is where you can get creative! Neatly arrange the fruits in separate sections or in a decorative pattern over the cottage cheese. Place the mango cubes, sliced strawberries, sliced kiwi, and blueberries on top.
3. Add the : Pomegranate: Sprinkle the pomegranate seeds over the top for a final pop of color and a little extra crunch.
4. Garnish and : Serve: Finish with a fresh sprig of mint for a beautiful garnish and a refreshing aroma. Serve immediately.

SWAPS & NOTES

Cottage Cheese: Both low-fat and full-fat cottage cheese work well here.

Full-fat will be creamier, but low-fat is a great option if you're watching your calories.

Fruits: This bowl is incredibly versatile.

Feel free to use raspberries, sliced banana, peaches, or any

seasonal fruit you love.

TIPS FOR SUCCESS

Use Ripe Fruit: Make sure your fruit is ripe and sweet.

This is a simple dish, so the quality of your ingredients is key to a delicious result.

Get Creative: There's no right or wrong way to arrange the fruit.

Have fun with it and create your own beautiful pattern.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/tropical-cottage-cheese-fruit-bowl-the-perfect-healthy-breakfast/>