



Daisy Brand Cottage Cheese

Get a Protein Boost with Daisy Brand Low Fat Cottage Cheese

With 14 grams per ½-cup serving—the same amount of protein you’ll find in approximately 2 ounces of meat, fish or poultry—Daisy Brand Cottage Cheese is a great way to gain an excellent source of protein. Try these tips to power up on protein.

- Try Daisy Cottage Cheese for an easy breakfast—enjoy a scoop with your favorite fresh, frozen or canned fruit, such as bananas, peaches and berries.
- Scramble up an easy frittata with sautéed vegetables, cottage cheese, and an egg.
- Stir cottage cheese into cooked cereal for a creamy, flavorful nutrient rush.
- Pack a serving of cottage cheese with fresh fruit or veggies in an air-tight container for a healthy, delicious mid-meal snack on the run or at work.
- Layer cottage cheese with granola and fruit into a delicious parfait for a snack or wholesome dessert.
- Whip up cottage cheese in the blender with fruit, fruit juice, flaxseed and greens for a high-powered smoothie.
- Pile cottage cheese on whole grain flatbread or crackers for a protein-powered snack.
- Top your green salad with a scoop of cottage cheese for a creamy, luscious boost of protein.
- Fill a whole grain pita or wrap with cottage cheese and fresh veggies for an easy, scrumptious lunch.
- Blend cottage cheese with herbs and spices to create a healthful dip for whole grain chips and veggies.
- Stir cottage cheese into your favorite baked pasta dish, such as lasagna or macaroni and cheese.
- Dream up a quick and easy casserole, starring cottage cheese, vegetables, and a whole grain.
- Add cottage cheese to baked goods, such as muffins, pancakes, or breads to push the protein.

For healthy recipes and additional ideas, visit DaisyBrandHealth.com.