

**Cottage Cheese Almond Cinnamon Mix**

Prep Time = 5 min	Cook Time = 0 min	Total Time = 5 min	Servings = 1
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**Ingredients:**

1 Cup of Cottage Cheese from Grass-Fed Cows  
1/4 Cup of Almond Slivers  
1 Tablespoon of Dried Cranberries  
1 Tablespoon of Raisins  
1/2 Teaspoon Cinnamon  
1 Teaspoon Vanilla Extract  
1 Teaspoon Whole Flaxseeds  
1 Teaspoon Chia Seeds

**Directions:**

1. Mix all ingredients together in a serving bowl.
2. You can't get any easier than that! Enjoy.

<b>Nutrition Facts</b>	
Serving Size 276 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 492	Calories from Fat 212
<b>% Daily Value*</b>	
<b>Total Fat</b> 25g	38%
Saturated Fat 5g	24%
Trans Fat 0g	
<b>Cholesterol</b> 36mg	12%
<b>Sodium</b> 769mg	32%
<b>Total Carbohydrate</b> 39g	13%
Dietary Fiber 7g	29%
Sugars 25g	
<b>Protein</b> 31g	
Vitamin A 6%	• Vitamin C 1%
Calcium 29%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
<b>NutritionData.com</b>	

<b>Calorie Information</b>		
Amounts Per Selected Serving		%DV
Calories	492 (2060 kJ)	25%
From Carbohydrate	145 (607 kJ)	
From Fat	212 (888 kJ)	
From Protein	125 (523 kJ)	
From Alcohol	~9.5 (39.8 kJ)	

<b>Protein &amp; Amino Acids</b>		
Amounts Per Selected Serving		%DV
Protein	30.6 g	61%

<b>Carbohydrates</b>		
Amounts Per Selected Serving		%DV
Total Carbohydrate	39.2 g	13%
Dietary Fiber	7.2 g	29%
Starch	~0.6 g	
Sugars	~24.6 g	

<b>Fats &amp; Fatty Acids</b>		
Amounts Per Selected Serving		%DV
Total Fat	24.9 g	38%
Saturated Fat	4.8 g	24%
Monounsaturated Fat	10.3 g	
Polyunsaturated Fat	5.2 g	
Total trans fatty acids	~0.0 g	
Total trans-monoenoic fatty acids	~0.0 g	
Total trans-polyenoic fatty acids	~0.0 g	
Total Omega-3 fatty acids	1276 mg	
Total Omega-6 fatty acids	3925 mg	

**Vitamins**

Amounts Per Selected Serving		%DV
Vitamin A	~298 IU	~6%
Vitamin C	~0.4 mg	~1%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	~7.5 mg	~37%
Vitamin K	~1.6 mcg	~2%
Thiamin	~0.2 mg	~12%
Riboflavin	~0.6 mg	~38%
Niacin	~1.5 mg	~8%
Vitamin B6	~0.2 mg	~9%
Folate	~42.3 mcg	~11%
Vitamin B12	0.9 mcg	15%
Pantothenic Acid	~1.4 mg	~14%
Choline	~57.5 mg	
Betaine	~1.8 mg	

**Minerals**

Amounts Per Selected Serving		%DV
Calcium	293 mg	29%
Iron	~1.8 mg	~10%
Magnesium	~108 mg	~27%
Phosphorus	528 mg	53%
Potassium	561 mg	16%
Sodium	769 mg	32%
Zinc	2.0 mg	13%
Copper	0.4 mg	22%
Manganese	1.1 mg	53%
Selenium	~22.1 mcg	~32%
Fluoride	~99.1 mcg	

**Your Notes:**