

Cottage Cheese And Strawberries

Prep Time: 5 Min **Total Time:** 5 Min

Serves 1

Ingredients

3/4 cup cottage cheese

1 cup sliced strawberries

Instructions

- 1 On Spray It Away you are allowed to have eggs or cottage cheese once or twice a week.
- 2 For a nice change we take 3/4 cup cottage cheese and one cup of strawberries.
- 3 In the winter we tend to buy the frozen strawberries as they are a better value.

team victory / spray it away <http://sprayitaway.ca/>