



EMILY G'S™
JAM OF LOVE

Greek Yogurt, Cottage Cheese with Jam

Greek yogurt, cottage cheese & Jam is a healthy meal for breakfast or a snack. A great combination of the Greek Yogurt, cottage cheese and one of the following jams: **Emily G's Fig Pomegranate, Emily G's Strawberry Chipotle or Emily G's Triple Berry**. And finish this dish sprinkling some chia buckwheat and hemp cereal for a nice crunch & texture.

Ingredients

- 1 cup low fat Greek yogurt
- 1 cup cottage cheese
- 1 TableSpoon Nature's Path Qi'a Chia Buckwheat and Hemp Cereal, Original
- 1-2 TableSpoons **Emily G's Fig Pomegranate, Strawberry Chipotle or Triple Berry Jam**

Instructions

1. In a bowl, add the yogurt, cottage cheese and top with jam.
2. Sprinkle with Nature's Path Qi'a Chia Buckwheat and Hemp Cereal, Original
3. Enjoy