



early childhood community development centre

Creamy Breakfast Fruit Mix

Ingredients - Makes one servings

- ¼ cup cottage cheese
- 2 tbsp sour cream
- ¼ cup chopped fresh fruit (such as orange, pineapple, banana, apple, strawberry, kiwifruit, peach or pear)
- Pinch brown sugar
- Pinch ground cinnamon

Directions

1. In a small bowl, stir together cottage cheese, sour cream and fruit.
2. Sprinkle with brown sugar and cinnamon.

Source: Better Food for Kids By: Joanne Saab, RD, and Daina Kalnins, RD

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