



PEACH & STRAWBERRY SALAD WITH COTTAGE CHEESE

"A fruity, creamy treat made with juicy peaches, bright strawberries, and a dollop of cottage cheese — it's like dessert with a healthy twist!"



PREP TIME
10 MIN



COOK TIME
5 MIN



SERVINGS
2 BOWLS

Ingredients

- 1 cup fresh or frozen strawberries, hulled and sliced
- 1 cup of canned or frozen peach, pitted and sliced
- 2 cups lettuce, washed and torn
- ½ cup cottage cheese
- ¼ cup walnuts, chopped
- 2 tbsp honey or balsamic vinegar
- Salt and pepper, to taste

Instructions

1. In a large bowl, combine the lettuce, strawberries, and peach slices
2. Top with dollops of cottage cheese and sprinkle with nuts
3. Drizzle with honey or balsamic vinegar
4. Toss gently and season with salt and pepper