

COTTAGE CHEESE WITH TOASTED HONEY OATS



Here is a sweet and simple breakfast idea using cottage cheese. I love this.

Method

- 1.** Toast a large handful of oats on a medium heat with a small knob of butter until lightly golden. Then add the runny honey so it bubbles.
- 2.** Stir, then turn off the heat and sprinkle with a little sea salt.
- 3.** Spoon some cottage cheese into a bowl, add some fruit of your choosing and spoon the honey oats on top.

Serves 1-2

Ingredients

- 1 handful of oats
- Butter
- 1 heaped tsp of honey
- Cottage cheese
- Fruit of your choice