

## CINNAMON TOAST WITH FRESH STRAWBERRY AND GOJI BERRY

- NF, EF, SF, SOYF, GF

30

### INGREDIENTS

- 1 Slice of whole grain rye toast
- Dash of cinnamon powder
- 25g of Goji Berry
- 30g of Cottage cheese
- 2 Strawberries, sliced

### METHOD

- 1 Mix the cottage cheese with the cinnamon.
- 2 Toast the bread and spread the mix of Cottage cheese and cinnamon on top.
- 3 Top with sliced strawberries and GojiBerries.

SERVES 1

### NUTRITION INFO

**CALORIES**

197

**TOTAL FAT**

2.7g

**SAT. FAT**

0.6g

**SODIUM**

304mg

**TOTAL CARBS**

31.5g

**FIBRE**

5.8g

**SUGARS**

12.9g

**PROTIEN**

9.6g