

Sweet Apple

cals: **161.4** fat: **1 g** protein: **15.3 g** carbs: **26 g** fiber: **3.7 g**

Miss ice cream on the hCG VLCD? Here's your answer!
This recipe is a creamy & sweet dessert snack, with 1 fruit, and 1 protein! DELICIOUS!

*Counts as 1 fruit, 1 protein
servings per recipe: 1
1 Minute to prepare and cook*

Ingredients

- 1 medium apple
- 100 grams non-fat cottage cheese
- Cinnamon
- Stevia to taste (flavoured stevia is even better)

Directions

Slice the apple with an apple corer or into many pieces.
Mix cinnamon and stevia into 1/2 cup non-fat cottage cheese.
Dip or spoon the cottage cheese onto the apple.

Nutritional Info

Servings Per Recipe: 1

Amount Per Serving

- Calories: 161.4
- Total Fat: 1.0 g
- Cholesterol: 10.0 mg
- Sodium: 390.0 mg
- Total Carbs: 26.0 g
- Dietary Fiber: 3.7 g
- Protein: 15.3 g

