

Dessert Toast

Ingredients:

- 1 slice of sourdough
- Cottage cheese
- Honey
- Optional: pumpkin pie spice
- Optional: cinnamon

Instructions

1. Toast the slice of sourdough
2. Spread a layer of cottage cheese onto the toast
3. Drizzle with honey, cinnamon, or pumpkin pie spice
4. Enjoy this high protein, quick dessert!

