Fitness Snack: Avocado with Cottage Cheese

Nutrition Facts

Amount Per Serving

Calories	237 kcal
Protein	14.2g
Carbohydrate	9g
Fat	15.3g
Dietary Fiber	6.3g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 120g Avocado (1 half)
- 100g Cottage Cheese with herbs (low-fat)
- 40g Lemon (1 half)
- Pepper

Preparation:

Cut the avocado in half. Remove the pit and fill the avocado with cottage cheese. Flavor it with pepper and add some lemon juice. Enjoy and stay fit!