

Cottage Cheese & Pineapple Bowl

A Refreshing High-Protein Snack That Keeps You Full and Energized

Sometimes the simplest recipes are the most satisfying. This Cottage Cheese & Pineapple Bowl combines creamy cottage cheese with naturally sweet pineapple for a snack that's refreshing, nutritious, and incredibly easy to prepare.

Cottage cheese has become a favorite among health-conscious women because it's packed with high-quality protein, calcium, and other essential nutrients that help support muscle health and keep you feeling fuller for longer. Pineapple adds a burst of tropical sweetness while providing vitamin C, antioxidants, and bromelain, a natural enzyme found in pineapple that plays a role in digestion.

Whether you need a quick breakfast, a mid-afternoon snack, or a light dessert, this delicious bowl comes together in just minutes. With no cooking required, it's perfect for busy mornings, meal prep, or whenever you're craving something healthy that still tastes like a treat.

Cottage Cheese & Pineapple Bowl Recipe

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Servings: 1

Ingredients

- 1 cup low-fat cottage cheese
- $\frac{3}{4}$ cup fresh pineapple chunks
- 1 tablespoon chopped walnuts or pecans
- 1 teaspoon chia seeds
- $\frac{1}{2}$ teaspoon unsweetened shredded coconut (optional)
- Fresh mint leaves for garnish (optional)

Optional Add-Ins

- Sliced strawberries
- Blueberries
- Kiwi
- Ground flaxseed
- Hemp hearts
- Drizzle of honey (if desired)
- Sprinkle of cinnamon

Instructions

Step 1

Spoon the cottage cheese into a serving bowl.

Step 2

Top with the fresh pineapple chunks.

Step 3

Sprinkle the chopped walnuts, chia seeds, and shredded coconut over the top.

Step 4

Garnish with fresh mint leaves if desired.

Step 5

Serve immediately and enjoy a refreshing, protein-packed snack.

Nutrition Facts

Per Serving

Nutrient	Amount
Calories	275
Protein	28 g
Carbohydrates	19 g
Fat	10 g
Saturated Fat	3 g
Fiber	4 g
Sugar	15 g
Sodium	420 mg
Potassium	470 mg
Calcium	220 mg
Vitamin C	48 mg

Nutrition values are approximate and may vary depending on the ingredients used.

Why You’ll Love This Recipe

- Ready in just 5 minutes
- High in protein to help keep you satisfied
- Naturally sweet with no refined sugar

- Rich in calcium to support bone health
- Great for breakfast, snacks, or a light dessert
- Refreshing and perfect for warm weather
- Easily customizable with your favorite fruits and toppings

Helpful Tips

- Choose fresh, ripe pineapple for the sweetest flavor.
- If using canned pineapple, select fruit packed in 100% juice rather than syrup and drain well.
- For extra crunch, lightly toast the walnuts before adding them to the bowl.
- Meal prep by portioning the cottage cheese and toppings separately, then combine just before eating.
- Keep leftovers refrigerated and enjoy within one day for the freshest taste.

Frequently Asked Questions

Can I use full-fat cottage cheese?

Absolutely. Full-fat cottage cheese creates an even creamier texture and can be a satisfying option depending on your dietary preferences.

Is this recipe good for weight management?

This bowl is rich in protein, which may help increase fullness and support healthy eating habits. It can be part of a balanced eating pattern when enjoyed in appropriate portions.

Can I use frozen pineapple?

Yes. Allow frozen pineapple to thaw slightly before serving so it doesn't become too icy.

What other fruits pair well with cottage cheese?

Berries, peaches, mango, kiwi, grapes, and melon all pair wonderfully with cottage cheese.

Is Cottage Cheese & Pineapple Bowl healthy?

Yes. This recipe provides a balance of protein, healthy fats, fiber, vitamins, and minerals while using naturally sweet fruit instead of refined sugars. It's a quick, nourishing option for women looking to enjoy a wholesome snack or light meal.