DEE DEE DOES | GROCERY LIST

Maple Bacon Protein Breakfast Bowl

Serves 4

- [ ] 4 cups fat free cottage cheese
- [ ] 4 Tbsp sugar free maple syrup (plus extra for drizzling)
- [ ] 1 tsp cinnamon
- [ ] Pinch of sea salt
- [ ] 8 slices turkey bacon
- [ ] 4 large eggs (hard boiled, poached or jammy), sliced
- [ ] 2 cups diced apples or pears
- [ ] 1/2 cup roasted pecans or walnuts (optional)
- [ ] Fresh thyme or parsley (optional)