



Winter Keto Breakfast Bowl

Made with Bison Cottage Cheese and packed with protein, this healthy breakfast bowl recipe is easy to make, low carb, keto, and diabetic friendly! Perfect for breakfast or meal prepping for the week.

Servings	Prep Time	Cook Time	Total Time
1	10m	0m	10m

Ingredients

- ½-¾ cup Bison Cottage Cheese
- 1 tsp flaxseed oil
- 1 tsp chia seeds
- ¼ cup mixed berries
- 3 Tbsp walnuts, chopped

Instructions

1. Place Bison Cottage Cheese into bowl.
2. Drizzle with flaxseed oil and sprinkle with chia seeds.
3. Top with mixed berries and walnuts. Serve immediately and enjoy!

