



Double-O-Cinnamon Apple Breakfast Bowl



Entire recipe: 182 calories, 0.5g total fat (0g sat. fat), 429mg sodium, 32.5g carbs, 5g fiber, 24g sugars, 13.5g protein

Prep: 5 minutes



More: [Breakfast Recipes](#), [Single Serving](#), [30 Minutes or Less](#), [5 Ingredients or Less](#)

Ingredients

- 1/2 cup fat-free cottage cheese
- 1 no-calorie sweetener packet (like Splenda or Truvia)
- 1 drop vanilla extract
- 1/2 tsp. cinnamon, divided
- 1 Fuji apple, cored and cubed

Directions

Place cottage cheese in a bowl with sweetener, vanilla extract, and 1/4 tsp. cinnamon. Mix well.

Top with apple cubes, and then sprinkle with remaining 1/4 tsp. cinnamon. Enjoy!

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. *The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.