

Savory Avocado and Cottage Cheese Breakfast Bowl



Start your day off right with this savory breakfast bowl that's quick to assemble and [packed with protein](#). The creamy combination of cottage cheese and avocado pairs perfectly with satisfying hard-boiled eggs and the sweetness of sweet potatoes. A nutritious and colorful lunch, ready in no time! For more protein-packed breakfast ideas from our team of Registered Dietitians, check out our [Top 10 Quick and Balanced Breakfasts to Start your Day](#).

Preparation 5 min
Cooking 0 min
Servings 2
Nutrition Facts (per serving)
Calories 375
Fat 13
Carbohydrates 33
Fibre 7
Protein 32
Sodium 287

Ingredients

- 375 mL (1 ½ cups) 2% M.F. cottage cheese
- 250 mL (1 cup) cooked sweet potatoes, diced
- 2 large eggs, hard-boiled, peeled, and halved

- 6 to 8 cherry tomatoes, halved
- ½ avocado, sliced or diced
- 8 mL (½ tbsp) everything bagel seasoning (or a blend of salt, pepper, and sesame seeds)

Optional toppings:

- Pickled onions or thinly sliced green onions
- Hot sauce (such as RedHot or Sriracha)

Preparation

1. Divide the cottage cheese evenly between two medium serving bowls.
2. Arrange the diced sweet potatoes, hard-boiled eggs, cherry tomatoes, and avocado on top.
3. Sprinkle with everything bagel seasoning and add toppings to taste. Enjoy!

Notes

Keeps for up to 3 days in the refrigerator in an airtight container.

This breakfast is great to make ahead for the next day. Simply assemble all the ingredients in your containers (drizzle a little lemon juice over the avocado to keep it from browning) and keep chilled for the next morning.



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