

Morning Tostada

What you need:

Corn tortilla

1/2 cup Cottage Cheese

1/4 cup of plain nonfat yogurt

1/4 packet of artificial sweetener

2 tablespoons of raisins

1. Crisp the corn tortilla by placing in a nonstick pan over medium heat until it hardens
2. In a small bowl mix together the yogurt, artificial sweetener, and cottage cheese.
3. Spread the mixture over tortilla
4. Top with raisins

Calories per serving 237

Total Fat: 1 g

Cholesterol: 10 mg

Sodium: 484 mg

Total Carbohydrates: 37.3

Total Protein: 19.1