

Peanut Butter and Jelly Cottage Cheese Breakfast Bowl

Hearty oats, creamy cottage cheese, sweet jam, and rich peanut butter make a filling and delicious no-cook breakfast.



4.98 from 39 votes

Prep Time
5 mins

Total Time
5 mins

Course: Breakfast Cuisine: American Total Cost: \$0.44 each Servings: 1
Author: [Beth - Budget Bytes](#)

Ingredients

- 1/2 cup cottage cheese \$0.27
- 1/4 cup rolled oats \$0.04
- 1 Tbsp jam (any flavor) \$0.05
- 1 Tbsp peanut butter \$0.08

Instructions

1. Add all the ingredients to a bowl or container. Enjoy immediately or refrigerate in an air-tight container up to four days.

See how we [calculate recipe costs here](#).

Nutrition

Serving: 1 bowl | Calories: 327.5kcal | Carbohydrates: 35.2g | Protein: 19.6g | Fat: 13g | Sodium: 523mg | Fiber: 3.5g

Peanut Butter and Jelly Cottage Cheese Breakfast Bowl <https://www.budgetbytes.com/cottage-cheese-breakfast-bowls-6-ways/>

