

Snack

Pear and Cottage Cheese Tray

Side Effect: Diarrhea

5 Mins
Prep Time

0 Mins
Cook Time

1
Servings

 **259** Calories **4g** Fat **37g** Carbs **21g** Protein



Ingredients

 **1** Serving  **5 Mins** Total Time  **Allergens: Dairy**

1 5.3oz Package Plain Cottage Cheese, **pasteurized** 

1 Tsp Chia Seeds 

1 Pear, ripe, **washed**, and sliced 

Allergen Swap

Dairy Replace cottage cheese with a non-dairy yogurt alternative



Pears

Pears are a rich source of soluble fiber. Soluble fiber may be beneficial for slowing the passage of food through the digestive tract, potentially aiding in diarrhea relief.



Cottage Cheese

Cottage cheese is a great source of protein. Protein needs may be elevated while undergoing cancer treatment.



Chia Seeds

Chia seeds are rich in anti-inflammatory omega-3 fatty acids as well as soluble fiber. Soluble fiber may be beneficial for preventing diarrhea.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Serve and Enjoy

Sprinkle chia seeds over cottage cheese. Stir in, if desired.
Place pear slices on a plate and enjoy!

3. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Knife



Cutting Board



Measuring Spoon



Spoon

Fatigue Buster

- Simply pour chia seeds over the cottage cheese in the container.