

5 DIFFERENT WAYS TO RECOVER WITH COTTAGE CHEESE

The often forgotten dairy cousin of ricotta, cottage cheese is an affordable and versatile addition to add to your recovery snack repertoire.

Low in energy, but packed with high quality protein and carbohydrates, cottage cheese can be enjoyed in both sweet and savoury dishes, and fits perfectly into the recipe for recovery:

1. Refuel muscle stores
2. Replace fluid and electrolytes lost in sweat
3. Repair and rebuild muscles

Why not give these simple ideas a try to enhance your recovery:

- Cottage cheese, strawberry jam and walnut wrap: A healthy take on a strawberry cheesecake, wrap up a few of these to have on hand in your sports bag right after training. 2 wraps filled with ½ cup reduced fat cottage cheese, 3 tsp strawberry jam and a handful of walnut halves will contribute around 1,500kj, 50g carbohydrates and 20g protein.
- Cottage cheese and banana on toast: Simply mash a banana and spread on two slices wholegrain bread, along with 3 tbsp cottage cheese. Sprinkle with cinnamon and eat! 1,200kj, 50g carbohydrates, 20g protein
- A baked potato filled with cottage cheese: For a satisfying post-training snack, top a large baked potato with ½ cup cottage cheese. Feel free to add chopped chives, cracked pepper or even a can of tuna or 3 bean mix to pump up the protein. 1,100kj, 40g carbohydrates, 20g protein
- French toast topped with cottage cheese: Who knew this breakfast treat could be healthy? For a smart take on an old favourite, dip two slices wholegrain toast in 2 whisked eggs, and fry in a non-stick pan until golden. Top with 3 tbsp cottage cheese, sliced pear and 2 tbsp chopped almonds. 1,600kj, 40g carbohydrates, 35g protein.
- Spinach and cottage cheese pasta bake: For an easy meal that can make even better leftovers for the next day, try this fool proof pasta bake. Combine 150g baby spinach, 2 crushed garlic cloves and a sprinkle of nutmeg with 2 cups cottage cheese and 2 whisked eggs. Stir in 300g cooked pasta and transfer to an ovenproof dish. Top with 2 sliced tomatoes and ¼ cup grated parmesan cheese, and bake in a 180 degree oven for 40 minutes. 1 serve: 1,100kj, 30g carbohydrates, 20g protein.

