

## Cucumber Canoes

Serves: 3 | Serving Size: 2 “canoes”

### Ingredients Needed:

- 6 mini cucumbers
- 1 cup low-fat cottage cheese
- Carrot, celery, or broccoli sticks



### Directions:

1. Slice the cucumbers in half lengthwise. Scoop the seeds out with a spoon.
2. Fill the cucumber canoes with cottage cheese and add the broccoli, carrot or celery sticks.

### Tips:

- Add your favorite seasonings like everything-bagel seasoning or pepper.