

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.

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