

# Bagel with cottage cheese and smoked salmon

Perfect breakfast or lunch option packed with protein and fats to fill you up for longer.

*Nutritional Info (per serving): 419 calories, carbs 72g, fat 56g, protein 158g*



*Photo by Christine Siracusa on Unsplash*

## Ingredients (serves 1)

1 bagel  
40g Smoked Salmon  
40g Cottage cheese  
Lemon juice to taste  
Dill to garnish

## Method

Toast the bagel halves  
Mix the lemon juice and the cottage cheese together in a mixing bowl and spread onto the bottom half of the toasted bagel  
Arrange the slices of smoked salmon evenly on top of the cottage cheese and sprinkle over the chopped dill  
Place the toasted top half of the bagel on top  
Enjoy!



GALLANACH