

**RYVITA**[®]

Ryvita topped with cottage cheese, chopped spinach and parsley

Preparation time: 5 minutes

Recipe by: Ryvita



INGREDIENTS

- 3/4 cup (150 g) frozen chopped spinach (thawed)
- 1/3 cup (65g) cottage cheese
- 1 stick (100g) trimmed celery, diced finely
- 1 tablespoon parsley, chopped finely
- 1/2 teaspoon finely grated lemon rind
- 1/2 teaspoon ground cumin
- 2 Ryvita Original crispbreads
- 10g Parmesan cheese

METHOD

Squeeze the thawed spinach between two pieces of paper towel to remove any excess water. Transfer to a bowl and stir in the cottage cheese, celery, parsley, preserved lemon and ground cumin.

Spoon the spinach mixture on to two Ryvita crispbreads and top with finely grated parmesan.

Check out more recipes at <https://www.ryvita.com.au/recipes>