

Cottage Cheese & Fruit

<https://goo.gl/cTBBv6>

Ingredients:

1. Cottage Cheese.....what ever kind you like – I like [this kind](#)
2. [Fruit](#) – as you wish – fresh, canned or however
3. [Nuts](#) – [Tree nuts](#) are best
4. [Pudding](#)
5. [Flan](#)
6. [Fruit cups](#).....see below



[Humpty](#) Dumpty sat on a wall,
Humpty Dumpty had a great fall;
All the king's horses and all the king's men

Couldn't put Humpty together again.



Poor Humpty!

And as a little kid, this worried me. After awhile, would Humpty start to smell like a rotten egg? This would surely bring the vultures.

And my mother was having a similar problem. She wanted us kids to get enough fruits and vegetables. So she had to try all sorts of tricks. Some worked real well e.g. Strawberry Shortcake with plenty of Whipped Cream.



Others, not so good.....Popeye or not, how do you get a kid to eat Spinach if he's convinced that it looks like weeds.



The biggest problem about using tasty stuff is that as soon as they smell it, they begin to start sneaking in. I don't bother to put a doorbell down where they could reach it because they wouldn't use it anyway.



But [Strawberry Shortcake](#) would get old so she started finding ways to mix fruit in with sweet things like Ice Cream and



Whipped Cream.

Mother found various ways to get us to eat vegetables. For some, who knows why, reason, I liked raw Carrots and sometimes celery (Maybe kind of a kid's thing - crunchy). But here I'm concerned with Fruit and Tree Nuts.



Tree nuts because I saw on TV (maybe 60 min) that they're better than ground or other nuts. And because I'm a nut

myself and spent so much of my youth in tree houses, it seemed obvious.



Many years later (late 60s) it occurred to me that, since I'm not going to keep a steady stream of Ice Cream Or Whipped Cream running all the time, how about Cottage Cheese? Protein AND Fruit and Nuts.....whopty doodle!



Dark colored berries are [super good/healthy](#) – antioxidants etc.



The main thing is just that if I sit on any walls, they can't be very high.....maybe two feet. You sure don't want to have a great fall and all the king's men and horses are in England and that's another reason why they wouldn't be able to heap.



If you have to fix your leaky skylight, you might not have time to feed the humming birds but they have a hard time eating [berries](#) anyway.

I put pretty much all and any kind of Fruit and [Nuts](#) in my Cottage Cheese but.....the best kind of Nuts are [the kind](#) that I grew up eating on Bachman Creek and the best kind of Berries are [dark colored ones](#). Just keep in mind to add plenty of [dark berries](#) so the prairie dogs won't notice.



And now for a grand wing ding way to yummy-yummy this stuff all up.....add any of these things. Of course, you might have to eat some first or make room some way.

1. [Flan](#)

2. [Snack Pack](#)
3. [Dole & other Fruit Cups](#)
4. [Great Value and similar](#)

So not so sweet but a good way to get your fruit and nuts with [protein](#) thrown in. I'm going to fiddle di diddle around until I invent something like this for vegetables.....that even a little kid ([Brat](#)) would like.



Beware! If he finds out about the nuts in this, you're in for trouble.

