

## Protein Cinnamon Strawberry Parfait

### INGREDIENTS

- ½ cup cottage cheese
- ¼ cup unsweetened almond milk
- 2 tbsp cream cheese
- ¼ cup chopped strawberries
- 2 tbsp rolled oats
- 1 tsp vanilla extract
- 1 tsp cinnamon
- ½ large rectangular graham cracker
- 1 tbsp sliced almond
- 1 Fresh Steps Smoothie Meal Starter Pack

### DIRECTIONS

- 1 Combine cottage cheese, almond milk, cream cheese, rolled oats, strawberries, cinnamon, vanilla extract, and meal starter pack.
- 2 Once mixed altogether, place in a bowl of choice. Top mixture with sliced almonds.
- 3 Enjoy with graham cracker of choice!



**Nutrition:** ~396 calories • 14 grams fat • 28 grams carbohydrate • 6 grams fiber • 38 grams protein

32% Fat, 28% Carbohydrate, 38% Protein



**Super Food:** Strawberries are not only rich in vitamins/minerals, their antioxidant enriched component allows for them to qualify as a super food. This antioxidant aids in immunity enhancement and protects many from various harmful conditions.