



Nutrition Information Per Serving:

Calories: 210
Protein: 18 g
Carbohydrates: 17 g
Fat: 9 g
Fiber: 1 g

PREP TIME 3 mins	COOK TIME 0 mins	TOTAL TIME 3 mins	RECIPE MAKES 1 serving
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It's time to update the peanut butter and jelly sandwich from your childhood to a protein-packed version featuring single-serve strawberry Muuna cottage cheese. By topping ridiculously creamy cottage cheese with fresh blueberries, honey roasted peanuts, and a drizzle of almond butter, you'll have a snack that will fill you up and keep you going, no matter what the day brings!

INGREDIENTS

- 1 Container of 5.3oz. Strawberry Muuna cottage cheese
- ¼ cup Fresh blueberries
- 1 ½ Tbsp. Roasted peanuts (honey roasted peanuts are pictured)
- Drizzle of almond butter

INSTRUCTIONS

- 1) Open the container of Muuna cottage cheese, and stir.
- 2) Top with blueberries, peanuts, and almond butter.
- 3) Grab a spoon and enjoy!