



Nutrition Information:

Calories: 255
Protein: 17 g
Carbohydrates: 35-45 g
Fat: 5 g
Fiber: 3 g

PREP TIME 5 min	COOK TIME 0 min	TOTAL TIME 5 min	RECIPE MAKES 1 serving
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This nut-free and gluten-free parfait recipe combines fresh fruit, crunchy granola, ridiculously creamy Mango Muuna cottage cheese, and just a drizzle of honey to create the perfect breakfast treat! By adding Muuna to this recipe, you're getting 15 g of protein, probiotics, Vitamins A + C, and potassium!

INGREDIENTS

- 1 Container of 5.3oz. Mango Muuna cottage cheese
- 3 Medium fresh strawberries, quartered
- ¼ cup Blueberries
- 3 Tbsp. Nut-free granola
- 1 tsp. Honey

INSTRUCTIONS

- 1) Open cottage cheese container and stir until combined.
- 2) Into one large glass jar, layer 2.5 Tbsp. of cottage cheese, strawberries, 1.5 Tbsp. granola, the rest of the cottage cheese, blueberries, and 1.5 Tbsp. granola.
- 3) Drizzle with honey and enjoy immediately or refrigerate with the lid on for up to one day.