



STRAWBERRY CHEESECAKE PARFAIT

INGREDIENTS:

- 1/4 cup part-skim ricotta
- 1/2 scoop vanilla protein powder
- 1-2 tbsp almond milk
- 4 large strawberries
- 1 60 kcal serving graham crackers

DIRECTIONS:

1. In a small bowl add ricotta and protein
2. Start to mash and mix the ricotta and protein together, add 1-2 tbsp of almond milk to thin mixture
3. Slice 3 strawberries into small cubes and crush half of the graham cracker. Mix both into the ricotta mixture.
4. Top with larger slices of the last strawberry and other half of the graham cracker.

Enjoy!



Makes 1 Serving

Calories: 234 | Protein: 20 g | Carb: 23 g | Fat: 7 g | Fiber: 3g