

WHY ACT NOW

STRAWBERRIES & CHEESE



Ingredients

- 2 large strawberries, sliced
- 4 tablespoons 2% cottage cheese
- 2 rye crispbread/cracker
- Sprinkle of cinnamon

Directions

Spread 2 tablespoons of cottage cheese onto rye crispbread/cracker. Top with 1 sliced strawberry.

Makes 2 servings.

Nutrition Facts	
Serving Size 2	
Amount Per Serving	
Calories 134	Calories from Fat 17
% Daily Values*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Sodium 239mg	10%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 9g	18%

*Percent Daily Values are based on a 2,000 calorie diet.

Cottage cheese is a great source of calcium, which builds strong bones and teeth! **Strawberries** are a great source of Vitamin C and fiber.