

Cottage Cheese & Berry Parfait

Ingredients

- 1/2 cup cottage cheese
- 1/4 cup blueberries
- 1/4 cup strawberries, sliced
- 1 tbsp chia seeds

Instructions

1. Layer cottage cheese and berries in a cup.
2. Top with chia seeds.

Health Benefits

Calcium, antioxidants, and protein in one bowl.