



## Strawberry Banana Sandwich

### Ingredients

2 slices of whole grain bread


¼ cup cottage cheese


½ banana, thinly sliced into coins

4 strawberries, thinly sliced

### Directions:

1. Toast two slices of whole grain bread
2. Spread an even layer of cottage cheese on one slice
3. Layer strawberries and bananas
4. Close sandwich; Slice in half
5. Enjoy!

Cost: 

Ease: 

**Health Benefit:** Cottage cheese is an amazing low calorie source of whole protein for energy, muscle growth, and weight management. Bananas contain potassium and fiber for gut health. Strawberries are rich in antioxidants