

# TASTY RECIPES

Easy and delicious ways to put more healthy protein into your diet every day

## Banana Cheesecake Parfait



### INGREDIENTS

- 1 Premier Protein 110z. Bananas & Cream shake
- 1 box of sugar free cheesecake instant pudding mix
- 1/4 cup of fresh sliced strawberries
- 1/4 cup of slivered blanched almonds

### DIRECTIONS:

1. In a mixing bowl, combine pudding mix and protein shake.
2. Whisk for two minutes until the mixture has thickened.
3. Top with strawberries and almonds. Enjoy!