



✂️ Snack ⏱️ 10 min

## Budwig cream with Chiquita banana

Budwig cream gives your body all the nutrition it needs. Our recipe is made with Chiquita bananas, figs, apple, cranberries and flaxseeds. This recipe aligns with the American Cancer Society's nutrition guidelines. ACS recommends a diet that emphasizes fruits and vegetables, whole grains, and lean proteins, and limits red and processed meat, to help reduce the risk of cancer.

1

Mash one Chiquita banana with a fork and mix it with the cottage cheese, cinnamon and flaxseeds.

2

Cut the other Chiquita banana, apple and figs in pieces.

3

### INGREDIENTS FOR 2 PERSONS

- 2 Chiquita bananas
- 1 apple
- 10 tbsp cottage cheese
- 2 figs
- 3 tbsp muesli
- 2 tsp cinnamon
- 2 tsp cranberries
- 2 tsp flaxseed

### NUTRITIONAL VALUES PER PERSON

- 383 Calories
- 7.9g Fat
- 2.2g Saturated fat
- 62g Carbohydrate
- 43g Sugars
- 7.8g Fiber
- 10.9g Protein
- 0.4g Salt

Add the cottage cheese and banana mixture in the bowls and top with the all the other fruit pieces, muesli, flaxseeds and cranberries.

4

Enjoy and share your budwig cream recipe using #ChiquitaBanana