



Everything
Herbal™
by Cheryl
Jabz

Wholesome • Herbal
Naturally Sweet ♥

QUICK, EASY & DELICIOUS

STRAWBERRY BASIL COTTAGE CHEESE CUPS

♥ Sugar Free ♥

A light, creamy, protein-packed dessert
with a refreshing herbal twist!



INGREDIENTS

- ♥ 1 cup cottage cheese (low-fat or full-fat)
- ♥ 1 tsp vanilla extract
- ♥ 1-2 tsp lemon zest
- ♥ 1-2 Tbsp fresh basil, finely chopped
- ♥ 1-2 Tbsp monk fruit sweetener or sweetener of choice (to taste)
- ♥ 1 cup fresh strawberries, diced
- ♥ Fresh basil leaves for garnish (optional)



INSTRUCTIONS

- 1 In a medium bowl, combine cottage cheese, vanilla extract, lemon zest, chopped basil, and sweetener. Stir until well mixed and creamy.
- 2 Spoon the cottage cheese mixture into 2-4 small serving cups.
- 3 Top with diced strawberries.
- 4 Garnish with fresh basil leaves if desired and enjoy immediately or chill for 30 minutes for extra refreshment.

HERBAL BENEFITS



STRAWBERRIES
Rich in antioxidants, vitamin C, and fiber to support immunity and heart health.



BASIL
Supports digestion, helps reduce stress, and adds a refreshing, anti-inflammatory boost.



COTTAGE CHEESE
High in protein and calcium, keeping you full and supporting muscle & bone health.

VARIATIONS

- ♥ Add a sprinkle of chopped pistachios or almonds for crunch.
- ♥ Use raspberries or blueberries instead of strawberries.
- ♥ Drizzle with a little sugar-free chocolate syrup for a treat!

Sweetener Tip ♥

These recipes are sugar-free and can be sweetened with your preferred sugar-free sweetener, such as stevia, monk fruit, erythritol, or allulose. Adjust to suit your taste and follow the manufacturer's conversion guidelines.

PREP TIME	TOTAL TIME	SERVINGS
10 mins	10 mins	2-4 cups



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Eat Well. Live Well. Be Herbal. ♥

*This recipe is for informational purposes only and is not intended to diagnose, treat, cure, or prevent any disease.