

# Cheese Snack



Cheese is rich in Vitamin A, B-12 & K-2. Additionally, cheese snack packs in protein, calcium, & healthy fats which are vital for the body.

## Ingredients for 2 serving (US/Metric)

- 96g / 3.4oz Manchego
- 29g / 1oz Brie

## Nutrition (US/Metric)

- **Protein:** 24%
- **Fat:** 76%
- **Net carbs:** 0%

## **Instructions**

Grab 2-3 of your most liked cheese varieties, slice them up, and savor a quick cheese snack!