

# Cherry Cheesecake Parfait

THM-Friendly: E

- 1/2 Tbsp. THM Just Gelatin
- 1 Tbsp. cool water
- 1 Tbsp. hot water

In a small bowl, bloom the gelatin by mixing the Just Gelatin with the cool water and stir. After about 15 seconds, add the hot water and stir until smooth.

In another bowl, place:

- 1 cup cottage cheese (can sub Greek yogurt for half the cottage cheese)
- 1/2 Tbsp. THM baobab
- 1/2 tsp. cream cheese extract (or a wedge of Laughing Cow Cheese)

Mix these three ingredients with a stick blender. Add the bloomed gelatin and mix well.

You can layer your cream cheese mixture with your cherries or, if you prefer, you can mix the cherries right into the cheesecake.

Eat right away - or let it sit in the fridge for a little bit and it will set up even more like cheesecake.

You could keep this parfait to a fuel pull if you sub a cup of strawberries or 1/2 cup of blueberries for the cherries.

enJOY!

