FLEURISH / DOCTOR'S KITCHEN

Cheese & crackers

a simple, crunchy snack

Pull, stack and crunch. No cooking needed.



Serves 1 | **Prep 2 min** | **No cooking** | **Under 5 min total**

INGREDIENTS

- ☐ 1 string cheese stick (1 oz)
- ☐ About 1 oz whole-grain or gluten-free crackers

LET'S COOK

☐ **1. Portion**

Check the cracker package and measure about 1 oz: roughly 6 small square crackers or 4 to 5 larger round ones.

☐ **2. Pull & stack**

Unwrap the cheese. Pull into strings or slice with a butter knife. Put cheese on the crackers and enjoy while crisp.

Keep cheese refrigerated; do not leave it out more than 2 hours. Reseal crackers to keep them crisp.