















Try these quick, 3-ingredient snacks for easy plant-based nutrition featuring our Unsweetened Plain Cashewmilk Yogurt.

Breakfast	Workout	Dessert	Kid-Friendly
<h3>Berry Parfait</h3> <p>Layer the ingredients in a glass cup or mason jar</p>  <p>1 cup Forager Project® Cashewmilk Yogurt Unsweetened Plain</p> <p>+</p>  <p>1 cup Raspberries</p> <p>+</p>  <p>½ cup Granola</p>	<h3>Peanut Banana Smoothie</h3> <p>Blend all ingredients well in a blender until smooth</p>  <p>1 cup Forager Project® Cashewmilk Yogurt Unsweetened Plain</p> <p>+</p>  <p>2 tablespoons Peanut Butter</p> <p>+</p>  <p>1 Banana</p>	<h3>Chocolate Pudding</h3> <p>Combine and mix all ingredients well</p>  <p>1 cup Forager Project® Cashewmilk Yogurt Unsweetened Plain</p> <p>+</p>  <p>1 tablespoon Cocoa Powder</p> <p>+</p>  <p>1½ tablespoon Maple Syrup</p>	<h3>Strawberry Popsicles</h3> <p>Blend ingredients, fill popsicle molds with the mix and freeze</p>  <p>1 cup Forager Project® Cashewmilk Yogurt Unsweetened Plain</p> <p>+</p>  <p>1 cup Strawberries</p> <p>+</p>  <p>1½ tablespoon Maple Syrup</p>