Snack, Mediterranean

Creamy Strawberry Lemon Ricotta Cups

A quick chilled dessert that pairs smooth ricotta cheese blended with honey, lemon zest and ground cinnamon with juicy sliced strawberries and a crumbled graham cracker topping.



Vegetarian

5 min	70	12 g	8 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 whole graham cracker (crumbled)
- [ ] 2 cup strawberries (sliced)
- [ ] 1/2 tsp ground cinnamon
- [ ] 1 tsp lemon zest
- [ ] 3/4 tsp honey
- [ ] 1 1/3 cup ricotta cheese (nonfat)

Method

- [ ] 1 Stir the nonfat ricotta cheese together with the honey, lemon zest and ground cinnamon in a small bowl until smooth.
- [ ] 2 Spoon the mixture evenly into four individual dessert dishes.
- [ ] 3 Arrange the sliced strawberries over the top of each dish.
- [ ] 4 Scatter the crumbled graham cracker over the strawberries just before serving.

Nutrition Facts

Per serving

Calories	**70**
Total fat	0 g
Saturated fat	0 g
Sodium	45 mg
Total carbs	12 g
Fiber	2 g
Total sugars	8 g
Protein	5 g

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