



RICOTTA SNACK CUPS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Low-fat Ricotta Cheese	1 Cup	Italian Seasoning	½ Tsp.
Cherry Tomatoes, halved	½ Cup	Garlic Powder	½ Tsp.
Grated Parmesan Cheese	1 Tbsp.	Fresh Cracked Black Pepper, to taste	
Fresh Basil, chopped	1 Tbsp.	Aged Balsamic Vinegar (Optional)	1 Tsp.

SERVING SIZE

1

PREPARATION

- Add ricotta cheese, Parmesan cheese, Italian seasoning, garlic powder, and black pepper to a food processor or blender.
- Blend for 30-60 seconds until the ricotta becomes smooth, creamy, and whipped.
- Divide the whipped ricotta evenly between two small serving bowls or jars.
- Top each serving with cherry tomatoes.
- Sprinkle with fresh basil.
- Drizzle lightly with aged balsamic vinegar if desired.
- Serve immediately or refrigerate for up to 2 days.