



CINNAMON RICOTTA CRUNCH

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Part-skim Ricotta	½ Cup	Chopped Pistachios	2 Tbsp.
Plain Greek Yogurt	½ Cup	High-protein or Low-sugar	2 Tbsp.
Vanilla Extract	½ Tsp.	Granola	
cinnamon	½ Tsp.	Pinch of Salt	
Maple Syrup or Sugar-free Maple Syrup	1 Tsp.		

SERVING SIZE

ABOUT 3/4 CUP

PREPARATION

- Add the ricotta, Greek yogurt, vanilla, cinnamon, maple syrup, and salt to a bowl.
- Stir until creamy and well combined.
- Divide between two small bowls.
- Top each serving with pistachios and granola.