



WHIPPED RICOTTA DIP WITH STRAWBERRIES

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Part-skim Ricotta Cheese	½ Cup	Cinnamon	¼ Tsp.
Nonfat Plain Greek Yogurt	¼ Cup	Honey or Maple Syrup, optional	1 Tsp.
Vanilla Protein Powder	½ Scoop	Strawberries, sliced	1 Cup
Vanilla Extract	½ Tsp.		
SERVING SIZE	HALF OF TOTAL DIP		

PREPARATION

- Add ricotta, Greek yogurt, protein powder, vanilla, cinnamon, and honey if using to a food processor or blender.
- Blend until smooth and creamy.
- Refrigerate for 15-20 minutes to allow the dip to thicken.
- Divide into two servings.
- Serve each portion with ½ cup sliced strawberries.