

HEALTHY RECIPES

from Bridget Wood, RD, LD, CDCES



BAKED RICOTTA

INGREDIENTS

- 2 tsp vanilla extract
- 1 tsp or splash orange extract
- 1 tsp or splash rum extract (optional)
- ½ to ¾ 15 oz container of ricotta cheese (any brand will work)
- ¼ cup or to taste sweetener of your choice (I used a combination of monk fruit and erythritol)
- Cinnamon (optional garnish)
- Whipped Cream (optional garnish)
- Berry of your choice (optional garnish)
- Ramekins or oven safe jars

STEPS

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine ingredients and mix until smooth.
3. Portion out mixture in separate containers and place in the oven for about 20 minutes, or until the mixture starts to firm up.
4. Top with cinnamon, whipped cream and fresh berries
5. Enjoy!