

Breakfast | Snack

Whipped Ricotta with Sweet Cherries

Side Effect: Trouble Swallowing

5 Mins
Prep Time

0 Mins
Cook Time

2
Servings

115 Calories **4.5g Fat** **14g Carbs** **7g Protein**

Ingredients

2 Servings 5 Mins Total Time Allergens: Dairy

1 Cup Sweet Cherries, pitted

½ Cup Pasteurized Part-Skim Ricotta Cheese

½ Tsp Vanilla

Allergen Swap

Dairy Ricotta cheese is naturally low in lactose and may be well tolerated if lactose intolerant. If you're looking for a dairy-free ricotta cheese, [click here](#).*



Nourishment Note



Ricotta Cheese

Not only is ricotta cheese easy to swallow, a ½ cup serving contains 16g of protein and more than 50%DV (% Daily Value) for calcium.



Cherries

Cherries are a great source of antioxidants, including anthocyanins and quercetin. Anthocyanins may help decrease the risk for certain cancers and lower inflammation within the body. Quercetin helps protect the DNA and the heart.

*Dairy-Free Ricotta Cheese:

www.thespruceeats.com/dairy-free-ricotta-cheese-1000532

Instructions

1. Wash Hands

Wash hands before preparing recipe.

2. Mix Ingredients

Place cherries in a food processor or blender and process until smooth.

3. Add Rice

In a bowl, whisk together cherry puree, ricotta cheese and vanilla until light and fluffy. Top with an additional dollop of cherry puree.

4. Simmer Mixture

Be sure to wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

5. Allow to Cool

Refrigerate in an airtight container for up to two days.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Measuring Cups



Measuring Spoon



Food Processor/Blender



Bowl



Whisk



Rubber Scraper

Fatigue Buster

- Use frozen, pitted sweet cherries.