

**Breakfast | Snack** 

# **Whipped Ricotta** with Sweet Cherries

**Side Effect: Trouble Swallowing** 

**5 Mins Prep Time** 

0 Mins **Cook Time**  **Servings** 

115 Calories

**4.5g Fat 14g Carbs** 

7g Protein

# **Ingredients**





5 Mins Total Time



**Allergens: Dairy** 

1 Cup Sweet Cherries, pitted 🖤





1/2 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**



# **PRICOTTA Cheese**

Not only is ricotta cheese easy to swallow, a  $\frac{1}{2}$  cup serving contains 16g of protein and more than 50%DV (% Daily Value) for calcium.



### **O** 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.

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

<sup>\*</sup>Dairy-Free Ricotta Cheese:



# **Instructions**

#### 1. Wash Hands

Wash hands with soap and water.

# 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. Allow to Cool

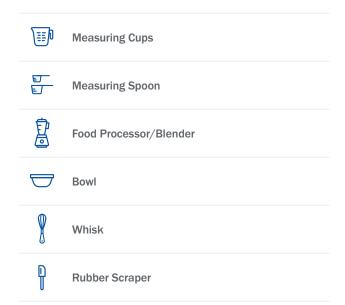
Refrigerate in an airtight container for up to two days.

#### 5. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy Registered Dietitians

# What You'll Need



# **Fatigue Buster**

· Use frozen, pitted sweet cherries.