

## Fresh Ricotta Cream

From my friend Kathleen H, from a Weight Watcher's class, c. 1990



### Servings: 8

1. Blend ingredients in food processor with metal blade until satiny smooth. Refrigerate in tightly covered container. Will keep for at least a week.
2. If you're lazy, you can just stir into the ricotta the yogurt, sugar and vanilla and mix well. The sugar takes awhile to dissolve, so it's best if made a few hours ahead.

**SERVING:** Serve as a kind of small-portion pudding, top with some sliced fruit, a fruit sauce, or even chocolate syrup. Put between two cookies, or use between thin layers of cake.

**1 pound ricotta cheese**  
**3 tablespoons plain yogurt**  
**3 tablespoons sugar, or artificial sweetener**  
**1/2 teaspoon vanilla**  
**Yield: 2 cups**

*Per Serving (excluding unknown items): 108 Calories; 6g Fat (49.7% calories from fat); 4g Protein; 9g Carbohydrate; 0g Dietary Fiber; 29mg Cholesterol; 65mg Sodium; 5g Total Sugars; trace Vitamin D; 124mg Calcium; trace Iron; 134mg Potassium; 93mg Phosphorus.*  
*Exchanges: .*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**