



## Nutrition Facts

2 servings per container

Amount per serving

**Calories** **110**

% Daily Value\*

<b>Total Fat</b> 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 112mg	5%
<b>Total Carbohydrate</b> 18g	7%
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 0g Added Sugars	0%
<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 66mg	5%
Iron 1mg	6%
Potassium 103mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# RICOTTA LEMON DESSERT

## INGREDIENTS

- 1 cup low-fat ricotta cheese
- 1 tsp lemon juice
- 1 tbsp honey
- 2 tsp granulated sugar
- 2 egg whites
- For Garnish:**
- 6 Fresh berries
- 2 mint leaves
- Zest of 1/2 lemon
- 1/2 tsp grated dark chocolate

## DIRECTIONS

1. In a small bowl, combine the ricotta, lemon juice, and honey.
2. Beat egg whites until soft white peaks form. Fold into the ricotta mixture
3. Pour mixture into two ramekins. Top with granulated sugar.
4. Air fry on high for 10-12 minutes or until sugar turns medium brown.
5. Remove carefully from the air fryer as ramekins will be very hot.
6. Garnish with berries, mint leaves, lemon zest, and grated dark chocolate.