

Vanilla Ricotta Pudding

Judy Gilliard

Servings: 6



Quick and easy dessert or snack.

***8 ounces ricotta cheese, part
skim milk, whipped
2 cups milk, 1% lowfat
1 1/2 ounces instant pudding
mix, vanilla Mori-Nu
2 teaspoons vanilla extract
1 teaspoon almond extract
2 tablespoons almonds,
toasted, chopped***

Whip pudding into ricotta cheese. Add milk, and vanilla and almond extract. Beat for 2 minutes.

Refrigerate for 5 to 10 minutes.

Spoon into dessert dishes and top with toasted almonds.

Per Serving (excluding unknown items): 135 Calories; 5g Fat (36.6% calories from fat); 8g Protein; 14g Carbohydrate; trace Dietary Fiber; 15mg Cholesterol; 191mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.