

# Lemon Ricotta Cream

## Diabetes Friendly

Serves 6

### Ingredients

1 cup ricotta cheese, low fat preferred

½ teaspoon lemon extract

¼ cup confectioner's sugar

### Instructions

1. In a small bowl, whisk together the ricotta, lemon extract and powdered sugar until combined and smooth.
2. Serve on warm pancakes.

Nutrition Facts	
Amount Per Serving	
Calories	76
% Daily Value*	
<b>Total Fat</b> 3.3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 0.1g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 13mg	4%
<b>Sodium</b> 41mg	2%
<b>Total Carbohydrates</b> 6.7g	2%
Dietary Fiber 0g	0%
Sugars 4.7g	
<b>Protein</b> 4.7g	
Vitamin D 0mcg	0%
Calcium 112mg	9%
Iron 0.2mg	1%
Potassium 52.1mg	1%
<b>Caffeine</b> 0mg	

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

