



Almond Butter Delight

Ingredients:

1 cup nonfat ricotta cheese
2 tsp pure vanilla extract
1/2 tsp ground cinnamon
1 tsp. honey (optional)
1/4 -1/3 cup unsweetened almond butter (any nut butter will do)
Pinch of salt (optional)

Instructions:

Combine all ingredients in a blender container and puree until smooth. Chill in refrigerator until ready to use.

2TBSP = 65-70 calories. Use as a spread with apples, celery, whole grain crackers or whole grain toast.

Compliments of Canyon Ranch