

Berries Salad with Whipped Ricotta Cream

~ Very light and oh, so yummy! Use the seasonal fruits of your choice. ~



Servings: 4
Prep Time: 15 minutes
Cook Time: 0 minutes

Ingredients

- 2 cups strawberries, freshly sliced
- 1 cup blueberries
- ¼ cup diet lemon-lime soda, divided
- 1 Tbsp fresh mint leaves, chopped
- ½ cup skim milk ricotta cheese
- 2.5 tsp lemon zest
- 2 Tbsp non-fat sour cream

Preparation

1. Toss strawberries, blueberries, 2 tablespoons of soda and mint together in a medium bowl; set aside for 10 minutes.
2. Meanwhile, combine ricotta, remaining 2 tablespoons of soda and lemon zest in another bowl.
3. Whip with a hand-held mixer until light and fluffy; stir in sour cream.
4. Place about ¾ cup of berry mixture in each of 4 small bowls and top each with 1/3 cup of cream.

Servings per Recipe: 4

Nutrition (per serving): 94.4 calories, 2.8g Total Fat (1.6g saturated fat), 10.2mg Cholesterol, 46mg sodium, 13.8g carbohydrates, 2.4g fiber, 4.6g protein, 7.6g sugars

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