

BAKED RICOTTA CAKES WITH BERRY SAUCE

Preparation time: 12 minutes

Cooking Time: 35 minutes

Serves: 4



Ingredients

500g ricotta cheese
4 egg whites, beaten
2 tbsp honey
2 tsp vanilla extract
400g mixed frozen berries

Method

1. Pre heat the oven to 180C. Place the ricotta cheese in a bowl and break it up with a wooden spoon. Add the beaten egg whites, honey and vanilla. Mix thoroughly until smooth and well combined.
2. Lightly grease four small ramekins. Spoon the ricotta mixture into the prepared ramekins and level the tops. Bake for 20 minutes, or until ricotta cakes are risen and golden.
3. Meanwhile make the berry sauce. Reserve about 1/4 of the berries for decoration. Place the rest in a pan, with a little water. Heat gently until softened. Leave to cool. Process in a blender or food processor until smooth.

Tips

The sugar in this delicious recipe comes from the berries and honey
Berries are bursting with goodness and flavour, containing antioxidants and folate. You can find frozen mixed berries in the freezer section of your local supermarket

Nutritional Information:

Kilojoules 1338 kJ
Calories 320 cal
Protein 17 g
Total fat 11 g
Carbohydrate 38 g
Sodium 290 mg
Potassium 275 mg
Calcium 315 mg
Iron 0.3 mg
Fibre 2 g