

PREPARATION: 10 MINUTES

REFRIGERATE: 30 MINUTES

4 SERVINGS



# DELIGHTFUL BREAKFAST SPREAD

## INGREDIENTS

- 1 cup light ricotta cheese*
- 2 tablespoons powdered sugar*
- ½ teaspoon vanilla extract*
- 1 cup raspberries*

## PREPARATION

- 1** In a bowl, with the help of an electric mixer, beat the cheese, sugar and vanilla extract. Cover and place in the fridge for a minimum of 30 minutes.
- 2** In another bowl, coarsely crush the raspberries with the help of a fork or pestle.
- 3** Serve the ricotta cheese spread and the crushed raspberries over English muffins, bagels or toast.

*Notes: The spread can be kept in the fridge for 3–4 days.*

*You can also use frozen raspberries. Let them thaw and drain off any liquid before serving.*

### Nutrient Analysis

**PER SERVING:**

¼ of recipe

**RENAL EXCHANGE:**

1 Protein + ½ Fruit

Calories	124Kcal
Protein	8g
Carbohydrates	11g
Fibre	2g
Total Fat	5g
Saturated Fat	3g
Cholesterol	20mg
Sodium	65mg
Potassium	131mg
Phosphorus	129mg