



Northeast Georgia Medical Center

BARIATRIC WEIGHT LOSS CENTER



Apple Cinnamon Ricotta

Serves: 2-4 servings

Ingredients:

Base:

- 1 cup low fat ricotta cheese
- 1 scoop vanilla protein powder
- ¼ tsp cinnamon

Apple Topping:

- 1 medium granny smith apple (peeled, cored and diced)
- ¼ tsp cinnamon
- 2-4 Tbsp water
- 1 packet Splenda



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Steps:

1. Mix ricotta, protein powder, and $\frac{1}{4}$ tsp cinnamon together in small bowl. Set aside.
2. Add apples and 2 Tbsp water to a skillet over medium heat. Cover and cook for 5-8 minutes. Add more water if it evaporates and apples start to brown.
3. When apples are soft, sprinkle 1 packet of Splenda and $\frac{1}{4}$ tsp cinnamon on top. Stir together, then remove from heat to cool.
4. Split ricotta mixture into 2-4 servings. Top with apples.
5. Serve immediately, or refrigerate for later. Best if eaten within 2 days.