



## Lemon Ricotta Puree

*Running out of ideas for the puree phase?*

*Our Lemon Ricotta puree is dense and very filling. The combination of ricotta and lemon zest make for a vibrant pop of flavor as soon as you take your first bite.*

### Ingredients:

- 15 oz low-fat/fat-free ricotta cheese
- 1/4 cup fresh squeezed lemon juice
- 1 Tbsp sugar-free syrup
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 scoops flavorless protein

### Directions:

1. Add all ingredients into a bowl and mix together
2. Add your ingredients to your blender – we used the NutriBullet
3. Plate and garnish with lemon zest
4. Add desired toppings (if you're done with the puree phase)
5. Serve and Enjoy!

“When life gets sour, sweeten it with gratitude” - Unknown

