

Creamy Chocolate Pudding

This twist on chocolate pudding delivers 8 grams of protein per serving by combining creamy ricotta cheese with honey, cocoa powder, vanilla and cinnamon for a tasty, low-fat dessert.

Ingredients

- 1/2 cup low-fat ricotta cheese
- 1/2 tsp vanilla
- 2 T honey
- 1/2 tsp ground cinnamon
- 2 T cocoa powder

Directions:

Combine all the ingredients in a food processor and process until smooth. Scoop into small dessert dishes and serve.



Nutrition Facts

Yield 2 servings

Amount Per Serving

Calories 162

Fat 5g

Cholesterol 11mg

Sodium 100mg

Carbohydrate 21g

Dietary Fiber 2g

Protein 8g

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