

Berry Good Ricotta Parfaits

A diabetic-friendly recipe

Ingredients:

- 3 cups ricotta cheese
- 1/4 cup heavy cream
- 1 tablespoon lemon zest
- 1/2 cup Besti Powdered Erythritol or equivalent powdered sweetener of choice
- 2 teaspoons vanilla extract
- 3 cups fresh berries of choice
- Sugar-free whipped topping



Directions

1. Combine ricotta, heavy cream, lemon zest, sweetener, and vanilla in a blender until smooth.
2. Divide mixture between 4 parfait glasses and top each with equal amounts of berries. Top with whipped topping.

Makes 4 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.