

HEALTHY COOKING

▶ CINNAMON RICOTTA BAKE



SERVES 1

INGREDIENTS

- ▶ 100g low fat ricotta cheese
- ▶ 1 egg
- ▶ 3 Stevia drops/or 1 Equal Stevia Sachet
- ▶ Vanilla essence and cinnamon powder to taste
- ▶ 1 scoop Ultra Diet 2 powder
- ▶ 100ml water

Quick tasty hearty breakfast, perfect for the cooler months.

Mix all ingredients except Ultra Diet 2 powder and water together. Microwave for 90 seconds or until soft but not runny. Mix UD2 powder and water together and serve over the bake.

Each serving:

Protein: 18g | Carbohydrate: 2.5g