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## RECIPE: ALMOND RICOTTA CREAM

### INGREDIENTS:

- 250gm ricotta cheese
- 100gm almond meal
- 200gm vanilla yoghurt
- 4 tablespoons xylitol
- 1 teaspoon vanilla essence

### METHOD:

1. Mix all ingredients together until smooth and creamy.

Nice to add to natural muesli, homemade fruit cake, fruit salad, or apple slices.