



Baked ricotta with blueberries

A delicious, calcium rich, grain-free dessert or hot breakfast. ©

Prep time 5 mins ⓘ Serves 2- 4

Gluten-free, wheat-free, vegetarian

Method

Preheat oven to 180°C. Place ricotta in a medium size bowl and stir slightly for a smooth consistency. Add coconut and cinnamon and mix through. Add egg and stir to combine. Fold through blueberries. Place in 4 small individual ramekins or 2 larger ones. Bake in the oven for 20-30 minutes until set and firm to touch. Allow to sit for 5 minutes before serving.

**If doubling the quantity, one egg is usually sufficient to bind the mixture together.*

Ingredients

250g ricotta

½ cup of blueberries

2 dessertspoons of desiccated coconut

½ teaspoon of ground cinnamon

1 egg, lightly beaten*

Nutritional information

Ricotta is a lower fat cheese (the fat content varies around 4-10% amongst different brands and low fat ricotta is of course the lowest) and while it is not as high in calcium as hard cheese, ½ cup of ricotta can provide up to 300mg of calcium. (I use fresh buffalo ricotta, which has an extremely creamy texture and contains about 7% fat.)

This baked ricotta also makes an ideal low carbohydrate, grain free breakfast option.

This recipe has no added sugar but the blueberries and cinnamon add sufficient sweetness. When in season, 1-2 fresh sliced figs could be used in addition to the blueberries (figs are naturally high in sugar and will appeal to those with a sweet tooth). Alternatively, drizzle with some maple syrup before serving.



Recipe by
Sandra Villella
Jean Hailes
Naturopath

