

Fruit Dip



This refreshing dip made with only 4 ingredients will be a perfect match to your favorite fruits. You'll love its subtle vanilla flavour and creamy texture.

Preparation 5 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 65

Fat 3

Carbohydrates 4

Fibre 0

Protein 4

Sodium 25

Ingredients

- 280 g (1 small container) ricotta cheese
- 125 ml (½ cup) frozen mangoes
- 30 ml (2 tbsp) maple syrup, or more to taste
- 5 ml (1 tsp) pure vanilla extract

1. Place all ingredients in a food processor and blend until creamy.
2. Transfer to a bowl and serve with fresh fruit slices.

Notes

Can be kept 3 days in the refrigerator.



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