

NO BAKE “CHEESECAKE”

Ingredients:

1 15oz part skim Ricotta cheese

1c skim milk (or almond milk)

1 small package sugar free cheesecake (or other flavor) pudding mix

Directions:

Combine ingredients, mix well, and chill.

$\frac{1}{2}$ c = 2 Protein Exchanges, 1 Dairy Exchange