

Low-Point Ricotta and Pecan Samplers

Ingredients:

- 1/4 cup low-fat ricotta cheese, room temperature
- 1/4 cup 1/3-less fat cream cheese, room temperature
- 2 Tbs heavy cream
- Red or green seedless grapes
- 6 tsp. finely chopped pecans
- 1 tsp. sugar
- 1/2 tsp. fresh finely chopped parsley

Place the ricotta cheese, cream cheese, and heavy cream in a food processor and blend until smooth. Transfer to a bowl. Chop a handful of grapes rather small. Add grapes to mixture and combine. (NOTE: This mixture only makes 6 or 7 tasting tablespoons of this sampler.) In a separate bowl combine walnuts, sugar, and parsley. Spoon one tablespoon ricotta mixture into tasting spoons or petite goblets or tasting bowls (small, tasting ramekins). Add one teaspoon of the pecan mixture on top of each serving and top with a half of a grape. Refrigerate for at least 2 to 3 hours. Enjoy!

Total servings - 6 (tablespoons)

Serving size - 1

Points per serving - 2

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Prayer is not asking. It is a longing of the soul. It is daily admission of one's weakness. It is better in prayer to have a heart without words than words without a heart." - Mahatma Gandhi