

SNICKERDOODLE DESSERT DIP



INGREDIENTS:

- 1/2 scoop Breakfast in Bed GLAM PRO
- 1/2 cup part-skim ricotta
- 1 tbsp coconut flour
- 1/4 tsp cinnamon

DIRECTIONS:

- 1) Add ricotta to a bowl, soften it by mashing it well
- 2) Add all other ingredients and mix until all ingredients are well combined
- 3) If needed add water, 1/2 tbsp at a time, until desired consistency is reached
Optional: sprinkle a dash or cinnamon on top
- 4) Serve with your choice of fruit and/or crackers

Enjoy!

Makes 1 Serving
Calories: 226 | Protein: 18 g | Carbs: 18 g | Fat: 9 g | Fiber: 3 g