

## Lemon Peel Ricotta Crème

### A South Beach Diet Favorite

*"This healthy dessert has been scientifically validated to help with metabolic syndrome and diabetes. It is cholesterol/lipid friendly and an excellent choice for a guilt-free evening snack."*

— Dr. Raymond Kordonowy

### Quick Stats

- **Prep Time:** 5 Minutes
  - **Servings:** 1
  - **Calories:** 178 per serving
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### Ingredients

- **½ cup** Part-skim ricotta cheese
- **¼ tsp** Grated lemon peel
- **¼ tsp** Vanilla extract
- **1 package** Sugar substitute (or fresh fruit to taste)

### Preparation

1. **Combine:** In a small bowl or ramekin, mix the ricotta cheese, lemon peel, vanilla extract, and sugar substitute.
  2. **Blend:** Stir thoroughly until the flavoring is evenly distributed and the texture is creamy.
  3. **Chill:** Serve immediately or, for better flavor, cover and refrigerate for 15–20 minutes to let the lemon "stew" and enhance the experience.
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### Pro-Tips for Variety

To keep this "pudding" interesting, consider these variations:

- **Extracts:** Swap vanilla for **almond extract**.
- **Zest:** Use **lime peel** instead of lemon.
- **Fruit:** Top with fresh **berries** or sliced **banana**. (If using real fruit, you can often skip the artificial sweetener).
- **Indulgence:** Add a dash of unsweetened cocoa powder for a chocolate version.