

Italian-Style Cookies n' Cream

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-style-cookies-recipe>

Ingredients:

- 1/2 cup ricotta full-fat or non-fat
- 2 teaspoons honey organic, local is best-especially here in Sardegna!
- 2 cookies Plasmon, crumbled, or baby cookie of choice
- canela Sprinkle of, if desired

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 15 milligrams
4. Fat: 4.5 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 45 milligrams
9. Sugar: 4 grams

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