

Crème au chocolat Provençale

(Ricotta chocolate cream)

by Jean-Claude de Toulouse

Ingredients

400g low fat ricotta cheese
½ cup low fat cream
¼ cup castor sugar
100g dark chocolate

Use a double boiler to melt the chocolate. Process the ricotta and cream with the castor sugar, add the melted chocolate and keep processing until well combined and smooth.

To be served with any kind of cake.

Different flavours

Coffee Add 1 tspn of instant coffee instead of chocolate.
Vanilla Add 1 tspn of vanilla instead of chocolate.

The list is endless for flavours; just use your imagination and creativity!



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