

## 90-Second Whipped Ricotta Espresso Cup

**Category:** Snack

**Prep Time:** 2 minutes

**Cook Time:** —

**Total Time:** 2 minutes

**Servings:** 1 cup

### Ingredients

- ½ cup (125 g) whole-milk ricotta
- 1 tsp honey or maple syrup
- 1 tsp espresso or strong instant coffee (cooled)
- Pinch of cocoa powder or cinnamon
- Optional: dark chocolate shavings or crushed nuts for topping

### Instructions

1. In a small bowl, whisk ricotta and honey until smooth and airy (about 60 seconds).
2. Stir in espresso and a pinch of cocoa or cinnamon until evenly blended.
3. Spoon into a small cup or glass.
4. Top with chocolate shavings or nuts if desired.
5. Serve chilled or at room temperature — best enjoyed within minutes.

### Nutrition (per serving)

- **Calories:** 210 kcal
- **Protein:** 13 g
- **Carbohydrates:** 10 g
- **Fiber:** 0 g
- **Fat:** 12 g
- **Calcium:** 220 mg
- **Sugar:** 7 g

### Health Benefits

- **Quick Energy Boost:** Espresso sharpens alertness while ricotta's fat and protein keep energy steady.
- **Supports Focus:** Caffeine enhances concentration without the crash of sugary snacks.
- **Muscle Nourishment:** Dairy proteins deliver leucine, helping prevent midday fatigue.
- **Mood Lift:** Honey and cocoa support serotonin, improving calm and satisfaction.

## Pro Tips

- Use **freshly brewed espresso** for the richest flavor.
- For a **cold dessert twist**, chill the mixture for 15 minutes and top with berries.
- Blend briefly for an ultra-smooth, mousse-like texture.
- Try **almond extract** instead of coffee for a caffeine-free version.
- Avoid overmixing — light whipping keeps it creamy, not runny.