

Bed-Time Ricotta & Blueberry Mousse

Category: Dessert / Night Snack

Prep Time: 5 minutes

Cook Time: —

Total Time: 5 minutes

Servings: 1

Ingredients

- ½ cup (125 g) ricotta cheese
- ½ cup (75 g) fresh or frozen blueberries
- 1 tsp honey or maple syrup (optional)
- ¼ tsp vanilla extract
- Optional: pinch of cinnamon or nutmeg

Instructions

1. In a small bowl, whisk **ricotta**, **honey**, and **vanilla** until smooth and creamy.
2. Gently fold in **blueberries** — mash lightly if you prefer a smoother mousse.
3. Sprinkle optional **cinnamon** or **nutmeg** on top.
4. Serve immediately or chill for 10–15 minutes for a cooler, firmer texture.
5. Enjoy as a light, calming dessert before bedtime.

Nutrition (per serving)

- **Calories:** 180 kcal
- **Protein:** 10 g
- **Carbohydrates:** 14 g
- **Fiber:** 2 g
- **Fat:** 10 g
- **Calcium:** 200 mg
- **Sugar:** 7 g

Health Benefits

- **Sleep-Friendly:** Light and protein-rich to satisfy late-night cravings without heaviness.
- **Antioxidant-Rich:** Blueberries provide antioxidants for overall wellness.
- **Muscle Support:** Ricotta protein helps repair muscles overnight.
- **Bone Health:** Calcium from ricotta strengthens bones.

Pro Tips

- Use **fresh blueberries** in season for best flavor; frozen works too.
- For extra creaminess, chill the ricotta for 30 minutes before whipping.
- Optionally, top with **crushed nuts** or a few **dark chocolate shavings**.
- Serve in a small glass for an elegant bedtime snack.
- Avoid overmixing to retain mousse-like texture.