

Raspberries with ricotta & passionfruit mascarpone



Raspberries with ricotta & passionfruit mascarpone

Preparation: about 15 minutes
Serves: 4

125g mascarpone
150g fresh ricotta cheese
1/3 cup thick natural yoghurt
2 tbs icing sugar
3 passionfruit, pulp removed
300g raspberries
Icing sugar, for dusting
Almond biscotti, to serve

1. Combine mascarpone, ricotta, yoghurt and icing sugar in a bowl. Using electric beaters, beat until smooth. Gently swirl through passionfruit pulp.
2. To serve, spoon mascarpone mixture and raspberries into serving bowls or glasses. Lightly dust with icing sugar. Serve with almond biscotti.



Raspberries

- A good source of dietary fibre which helps keep the intestine functioning well.
- A top source of vitamin C which is important in the body's defence against illness.
- Provide some folate (important for heart health) and small quantities of vitamin E which is important for keeping red blood cells healthy.