

SCHÄR

BLACKBERRY DESSERT

Ingredients: 100 gr. (4 oz.) Schär Ladyfingers, 400 gr. (14 oz.) blackberries, 250 gr. (9 oz.) ricotta cheese, 2 egg whites, 4 tablespoons honey, 1 shot glass (2 oz. - 60 ml.) lemon liqueur.

Preparation: Chop the biscuits into small cubes, moisten with the liqueur, and place on a plate. Mix the blackberries and honey together, then add the ricotta, beat the egg white until stiff and carefully fold under. Finally add the biscuits. Pour the crème into 4 custard cups, and chill for 1 hour in the refrigerator and then 20 minutes in the freezer.

Nutritional values/100g

protein 5 g fat 2,9 g carbohydrates 17 g Kcal 122 Kj 515