

Raspberry Ricotta Mousse + Ladyfingers



Image from Served from Scratch



Image from Baking A Moment

raspberry ricotta mousse

measure+whisk+add+mix

In a large mixing bowl, measure and combine **1 15-oz container of whole milk ricotta cheese**. Whisk until light and fluffy! Then add **½ C raspberry jam** and mix until combined.

add+whip+add+whip again!

In a separate mixing bowl, add **1 C heavy whipping cream**. Using an electric hand mixer, beat the whipping cream until thick and medium peaks form. Add **3 T honey** and whip until cream holds stiff peaks.

fold+spoon+enjoy!

Working in batches, carefully fold the cream mixture into the ricotta/jam mixture. Spoon the mousse into serving bowls and garnish with **fresh raspberries** and **ladyfingers**. YUM!

Family Fun Recipes

::continued::

Sticky Fingers  Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2018 Sticky Fingers Cooking



shopping list!

Raspberry Ricotta Mousse

- 1 (15-oz) container whole milk ricotta cheese
- 1 C heavy whipping cream
- ½ C raspberry jam
- 3 T honey
- ½ C fresh raspberries
- Ladyfingers for dipping

The Surprise Ingredient: Raspberries!

- ★ Raspberries can be either red, purple, gold or black in color. Golden raspberries are sweeter than the other varieties
- ★ There are over 200 species of raspberries.
- ★ When picking raspberries, look for berries that are firm and dark in color. They should not be soft or mushy. Gently pull on the berry; if it does not come off easily then leave it on the bush, as the berry is not ripe enough yet.
- ★ Once raspberries have been picked, they won't ripen any further.
- ★ They are high in fiber, vitamin C, potassium and folate. They can help lower high blood pressure. Raspberries have an anti-inflammatory property that may help to reduce inflammation of the joints.

Raspberry Myths from Around the World!

Raspberries are sold and produced throughout the world, which has given rise to myths about why raspberries are red and even one myth about the magical qualities of the fruit.

One popular myth comes from France, which tells the story about how raspberries use to be only white in color. The myth states that one day, a nymph named Ida was taking care of an infant Zeus (also referred to as Jupiter). Zeus was crying and to help soothe him, Ida picked some white raspberries. But when she went to pick the raspberries, she scratched herself on a thorn and started to bleed. Her blood dripped on the white raspberries, instantly turning them red and they have been red ever since.

Another myth, which originates from Germany, talks about the magical qualities of raspberries. It states that to tame a bewitched horse, one would have to tie a wild raspberry twig around the horse's body.

Time for a laugh!

What do you call raspberries playing the guitar? **A jam session.**

What do you call a sad raspberry? **A blueberry!**

What do you call a raspberry that uses foul language? **Berry Rude!**

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2018 Sticky Fingers Cooking