

Baked Ricotta Custard

4 servings

INGREDIENTS

3/4 cup part-skim ricotta
4 oz fat free cream cheese, room temperature
1/2 cup sugar substitute
1 large egg
1 large egg white
1/4 cup fat-free half-and-half
1/4 teaspoon vanilla extract
fresh grated nutmeg



DIRECTIONS

1. Preheat oven to 250°
2. Using an electric mixer or beater, mix ricotta and cream cheese until creamy in a large bowl. Add sugar substitute and blend well. Add eggs, half-and-half, and vanilla.
3. Transfer into 6-ounce ramekins. Sprinkle with freshly ground nutmeg. Place the ramekins into a large pan and add hot water about half way up the dishes. Bake until set, approximately 45 minutes. An inserted knife should come out clean.
4. Remove and cool. While the custards are cooling, warm jam in a small pan until it is easily spreadable. Spoon some onto the top of each custard and spread to cover the top.
5. Serve chilled or at room temperature.