

*Orange liqueur  
such as Grand  
Marnier or  
Bauchant adds  
dark citrus flavor  
to the mix.*



## Ricotta Mousse with Berries

*Yields 4 servings*

- |  |                              |
|--|------------------------------|
| 1 cup light ricotta cheese             | ½ cup fresh raspberries      |
| 2 tablespoons orange liqueur           | ½ cup fresh blackberries     |
| ½ teaspoon finely shredded orange peel | 1 teaspoon lemon juice       |
| ½ cup sliced fresh strawberries        | 2 teaspoons honey            |
| ½ cup fresh blueberries                | Fresh mint leaves (optional) |

In a small bowl whisk together ricotta, 1 tablespoon of the orange liqueur and the orange peel. Cover and chill for 1 to 24 hours.

In a medium bowl combine the berries, lemon juice and the remaining 1 tablespoon liqueur. Cover and let stand at room temperature 15 minutes to develop flavors.

To serve, divide fruit mixture among four dessert dishes, spooning any juices over fruit in dishes. Top with ricotta mixture. Drizzle with honey. If desired, garnish with mint.

From "The Sonoma Diet Cookbook."