

## Lemon Fluff

### Ingredients:

- 2 cups ricotta cheese
- 1 cup Splenda
- 1/3 cup dark rum
- 2 tbsp finely grated lemon zest
- 2 Tbsp lemon juice
- Fresh mint for garnish

### Directions:

1. Combine cheese, Splenda, rum, lemon zest, and lemon juice in a large mixing bowl.
2. Beat with an electric mixer until fluffy and well blended.
3. Spoon into ramekins or custard cups.
4. Cover and refrigerate 24 hours.
5. When ready to serve, garnish with fresh mint.

### For Our Program:

#### *Nutrition Information:*

Servings = 6

Carbohydrates per serving = 7g