



RICE CRACKERS WITH RICOTTA, HONEY, AND BLUEBERRIES

podes remplazar los arándanos por otra fruta de estación.

 5 horas

 2 galletas

INGREDIENTES

- 2 rice crackers
- 100g cottage cheese or ricotta
- 1 tablespoon of honey (18g) o 1 tablespoon of strawberry jam (25g)
- A 20-gram serving of blueberries

MÉTODO DE PREPARACIÓN

- 1º In a bowl, mix the cottage cheese or ricotta with the 2 tablespoons of honey or jam. Place the mixture on top of the rice cakes, and then add the blueberries. Serve on a plate, and it's ready to eat.

INFORMACIÓN NUTRICIONAL

	POR 100 g	POR GALLETA (79 g)	% DDR
ENERGÍA	140 kcal	110 kcal	6 %
GRASA	3 g	2 g	4 %
GRASAS SATURADAS	1 g	1 g	4 %
COLESTEROL	11 mg	9 mg	3 %
SODIO	234 mg	184 mg	8 %
H. CARBONO	19 g	15 g	5 %
AZÚCARES	2 g	1 g	—
FIBRA ALIMENTARIA	1 g	1 g	3 %
PROTEÍNA	8 g	6 g	—