

Phyllo Cups with Ricotta, Honey and Thyme

Serving size: 2 filled phyllo cups

Serves: 6



12 prepared phyllo cups

1/3 c. ricotta

1 T. honey

Fresh thyme leaves



Thaw frozen phyllo cups at room temperature for 10 minutes.

Spoon a heaping teaspoon of ricotta into each up. Drizzle cups with honey and sprinkle with thyme leaves. Serve cold or at room temperature.

Estimated calories: 75 cal/serving