

# RECIPE

## HOMEMADE RICOTTA CHEESE

(ON TOP OF WHOLE WHEAT TOAST)

PREP TIME: 10 minutes | TOTAL TIME: 40 minutes | SERVINGS: 1 cup

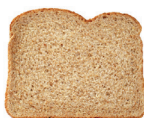
### INGREDIENTS



4 cups whole milk



2-3 tablespoons lemon juice



1-2 slices whole wheat bread

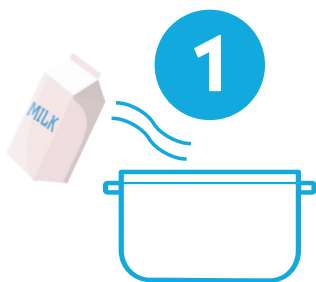


3 sliced strawberries



Drizzle of honey

### DIRECTIONS



Pour the milk into a pot.



Heat on the stove on medium. Let it warm gradually to 200°F, or until it gets foamy and starts to steam or boil.



Remove the pot from heat. Pour in the lemon juice and stir gently to combine.

4



Let the pot of milk sit for 10 minutes. If the milk is not separated, add another tablespoon of lemon juice and wait a few more minutes.

5



Set a strainer over a bowl. Line the strainer with cheese cloth or paper towel. Scoop the big curds (lumps) out of the pot and into the strainer with a spoon. Pour the rest of the pot into the strainer.

6



Let the liquids drain out of the curds for 10 to 60 minutes.

7



Top whole wheat toast with fresh ricotta, sliced strawberries and a drizzle of honey (or your favorite toppings!)

TO STORE: Fresh ricotta can be used right away or refrigerated in an airtight container for up to a week.

Watch this recipe in episode 3 at [HealthyEating.com/Together](https://www.healthyeating.com/Together)