



# Maple Ricotta Parfait with Almonds and Plums

SUBMITTED BY: Almond Board

“Layer maple syrup-poached plums with fresh ricotta cheese and top with a toasted garnish of sliced California Almonds for this easy, pretty parfait.”

## INGREDIENTS

1 tablespoon butter  
1/3 cup maple syrup, divided  
6 black plums, pitted and sliced  
1 1/4 cups part-skim ricotta cheese  
1/2 cup sliced California Almonds, roasted\*

## DIRECTIONS

Heat butter in a saute pan. Add 2 tablespoons maple syrup, and gently stir in plum slices. Cook on medium heat just until plums are soft and giving out some juice, but still holding their shape.

Meanwhile, stir together the remaining maple syrup and ricotta. Set aside.

Divide 1/2 cup prepared plum slices among 4 clear bowls or brandy glasses. Follow with a layer of ricotta mixture, then remaining plum slices, and then the remaining ricotta mixture. Drizzle with remaining maple syrup, and sprinkle with roasted almonds.

## FOOTNOTE

\*To roast almonds, place a single layer on a baking sheet and bake in a preheated 350 degrees F oven for 10 minutes, stirring at least once to ensure even roasting. Almonds will continue to brown after being removed from the oven.