

## SWEET AND FRESHNESS FOR EVERY SEASON

### Ingredients for 6 people

<i>400 grams of ricotta cheese</i>	<i>400</i>
<i>400 grams of coconut flour</i>	<i>600</i>
<i>130 grams of sugar</i>	<i>300</i>
<i>bitter cocoa</i>	
<i>brandy or grappa</i>	
<i>total calories (about)</i>	<i>1300</i>

*Simple and genuine ingredients for these pleasant sweets, easy to make and full of  
SUCCESS*

### Preparation

Stir the ricotta cheese, 300 grams of coconut flour and sugar; add, only if you like its taste, 2 spoons of brandy or grappa. Amalgamate the ingredients, make the mixture cool down in the refrigerator for an hour. Then, grab a spoon of the mixture and make the sweets, rolling them between the palms of your hands and make small balls; pass them in the cocoa and then in the coconut again. Put them in the refrigerator till it is time to eat.

Laila

#### *Healthy ricotta cheese*

I personally often use ricotta cheese as a natural remedy to relieve congestion. Whip it, when it is still fresh, till you obtain the consistency of a salve and wrap it in a cloth made of cotton or linen, and then apply it on the zone as a cataplasm. Hold it for an entire night, its benefits will last for hours, so that sometime you do not need to repeat the procedure. It is also suitable for childish forms as slight bronchitis because of its expectorant properties.