

# Strawberry and Ricotta Wonton Cups

Nutrition for Outside School Hours Care • another NAQ Nutrition program

## Ingredients makes 20:

- Spray oil
- 1 packet of wonton wrappers
- 1 x 250g punnet strawberries
- 250 grams reduced fat smooth ricotta
- 2 tablespoons honey

## Equipment:

- Muffin trays
- Chopping board
- Knife
- Mixing bowl
- Tablespoon measuring spoon
- Mixing spoon



## Method

1. Preheat oven to 180°C. Spray muffin trays with oil to grease lightly. Place a wonton wrapper in each pan and press to line base and side. Spray lightly with oil. Bake for 8 minutes or until golden brown and crisp. Set aside in the pans to cool completely.
2. Finely dice the strawberries, leaving a few small ones as decoration to be sliced and placed on top for later.
3. In a bowl, mix ricotta and honey until well combined, mix in diced strawberries.
4. Once the wonton casings have cooled, carefully remove from the muffin tray and fill with the ricotta/strawberry mixture. Top with a slice of strawberry. Chill in the fridge until needing to serve.

### Involving the Children

Children can help place wonton wrappers in the muffin trays and spray with oil. Older children can chop the strawberries and younger children can stir the mixture and fill the cases.

### Other filling ideas

- Finely chopped tomatoes, basil and ricotta
- Chicken, cream cheese and corn relish