

## Healthy-ish Ricotta and Pistachio Truffles with Honey Drizzle

Ricotta Pistachio Honey Bites: Soft, Nutty, and Naturally Sweet



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

Whole Milk Ricotta Cheese: 1 cup (Strain it for 30 minutes if it's very watery)

Powdered Sugar: 2-3 tbsp (Adjust to your preferred sweetness)

Vanilla Extract: 1/2 tsp

Shelled Pistachios: 3/4 cup (Roasted and finely chopped)

Honey: 2 tbsp (A high-quality wildflower or clover honey works best)

Lemon Zest: 1 tsp (Optional, for a bright pop of flavor)

Swaps and Notes:

**Ricotta:** Make sure to use "Whole Milk" ricotta.

Part-skim versions can be too grainy and won't hold their shape as well.

**Nuts:** While pistachios are the classic choice, you can swap them for toasted almonds or even crushed hazelnuts.

**Honey:** For a vegan-friendly version, you can use agave nectar or a maple syrup reduction.

Step-by-Step Instructions:

1. Prep the Ricotta:
2. Sweeten and Flavor:
3. Chill (Optional but Recommended):
4. The Nutty Coating:
5. Form the Bites:
6. The Honey Drizzle:

#### Tips for Success:

**Finely Chop the Nuts:** You want the pistachios to be almost like a coarse meal. If the pieces are too big, they won't stick to the soft ricotta.

**Don't Over-Sweeten:** The honey drizzle provides a lot of sweetness at the end, so keep the ricotta base relatively mild.

**Freshness is Key:** Because ricotta is a fresh cheese, these bites are best enjoyed shortly after they are assembled.

#### Serving Suggestions and Pairings:

#### Nutritional Information (Per Bite):

Calories: 85 kcal

Total Fat: 5g

Carbohydrates: 7g

Protein: 3g

Sugar: 5g (Note: Estimates based on approximately 12 bites per batch.)

#### Storage and Leftover Tips:

#### More Recipes You Will Love:

**Crockpot Nacho Dip** - A savory classic that always disappears first.

**Mexican Chicken and Rice Casserole** - The ultimate one-pan comfort food.

**Sheet Pan Quesadillas** - A fast and fun way to feed a whole family.

#### Final Thoughts:

## DIRECTIONS

- 1. Prep the Ricotta:** For the best texture, place your ricotta in a fine-mesh sieve over a bowl for about 30 minutes. Removing the excess moisture ensures your bites are creamy and firm rather than runny.
- 2. Sweeten and Flavor:** In a medium bowl, combine the strained ricotta, powdered sugar, and vanilla extract. Whisk or stir with a spatula until completely smooth. If you're using lemon zest for that extra bit of zing, fold it in now.
- 3. Chill (Optional but Recommended):** Place the mixture in the fridge for about 15-20 minutes. This makes it much easier to scoop and roll.
- 4. The Nutty Coating:** Place your finely chopped pistachios in a shallow bowl or on a plate.
- 5. Form the Bites:** Using a small cookie scoop or a tablespoon, portion out the ricotta mixture. Roll gently between your palms to form a small ball (about 1 inch in diameter). Immediately roll the ball in the chopped pistachios until it is fully coated.
- 6. The Honey Drizzle:** Arrange the bites on a serving platter. Just before serving, drizzle the honey generously over the top. The honey will act as a "glue" for any loose nuts and provide that beautiful, glossy finish.
- 7. Tips for Success: Finely Chop the Nuts:** You want the pistachios to be almost like a coarse meal. If the pieces are too big, they won't stick to the soft ricotta.
- 8. Don't : Over-Sweeten:** The honey drizzle provides a lot of sweetness at the end, so keep the ricotta base relatively mild.

9. Freshness is : Key: Because ricotta is a fresh cheese, these bites are best enjoyed shortly after they are assembled.
10. Serving Suggestions and Pairings: These bites are a fantastic addition to a charcuterie board. They pair beautifully with fresh figs, grapes, and salty crackers. If you are doing a themed dinner night, try serving these after a main course of Sheet Pan Quesadillas or as a sophisticated breakfast side alongside a One Pan Breakfast Bake.
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16. Storage and Leftover Tips: These bites are delicate! Store any leftovers in an airtight container in the refrigerator for up to 2 days. I do not recommend freezing them, as the texture of the ricotta will become watery upon thawing. If you are making them ahead of time, wait to add the honey drizzle until the moment you are ready to serve.
17. More Recipes You Will Love: Looking for more crowd-pleasing snacks or easy weeknight meals? Check out these links:
18. Crockpot : Nacho Dip - A savory classic that always disappears first.
19. Mexican : Chicken and Rice Casserole - The ultimate one-pan comfort food.
20. Sheet : Pan Quesadillas - A fast and fun way to feed a whole family.
21. Final Thoughts: Ricotta Pistachio Honey Bites are proof that you don't need a hot oven to make a stunning dessert. They are fresh, vibrant, and bring a little taste of the Mediterranean to your kitchen.
22. What's your favorite honey variety? I personally love a bit of Manuka honey for its rich, earthy flavor! Let me know your thoughts in the comments, and don't forget to follow ChefManiac for more simple, elegant recipes. Happy snacking!

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## TIPS FOR SUCCESS

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