

A slightly sweet ricotta spread livens up toast and pairs wonderfully with a pear and banana topping in this delicious morning starter. This high-protein, fiber-rich breakfast will keep you feeling satisfied for hours.

# RICOTTA AND FRUIT BRUSCHETTA

 2 SERVINGS

 5 MINUTES

 NONE

 1 SLICE

- ¼ cup full-fat ricotta cheese

1½ tsp honey, divided

3 drops almond extract

2 slices whole-grain bread, toasted

½ medium banana, peeled and cut into ¼-inch (.5cm) slices

½ medium pear (any variety), thinly sliced

2 tsp chopped walnuts

2 pinches of ground cinnamon
- 1 In a small bowl, combine the ricotta, ¼ teaspoon honey, and the almond extract. Stir well.

2 Spread 1½ tablespoons of the ricotta mixture over each slice of toast.

3 Divide the pear slices and banana slices equally on top of each slice of toast.

4 Drizzle equal amounts of the remaining honey over each slice, and sprinkle 1 teaspoon of the walnuts over each slice. Top each serving with a pinch of cinnamon.

TIP

You can make the ricotta mixture ahead of time and store it in the refrigerator for up to 2 days.

EACH SERVING HAS:

Calories 210	Total fat 7g	Saturated fat 3g	Carbohydrate 29g	Protein 8g
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