



Peach, ricotta, *and* pistachio toast

Serves 2

Prep 5 mins

Cook 30 mins

- 3 ripe peaches, halved and pitted**
- 2 tbsp olive oil**
- 2 tbsp honey or maple syrup, plus extra to drizzle (optional)**
- 1 tsp brown sugar**
- 1 tsp ground cinnamon**
- 2 large slices of sourdough**
- 5 tbsp ricotta cheese**
- chopped toasted pistachios, to serve**

supports bone health • supports immune system function • provides key micronutrients

Follow the classic tradition of pairing cheese and fruit with a delicious ricotta and peach combo, adding vitamin C and calcium to your toast. Most soft cheeses need heating through in pregnancy, but as a pasteurized cheese, ricotta is safe to eat cold.

Preheat the oven to 160°C (350°F/Gas 4). Place the peach halves in an ovenproof dish, cut-side up. Put the olive oil, honey or maple syrup, sugar, and cinnamon in a small bowl and stir to combine. Spoon the mixture over the peaches and bake for 30 minutes, or until the peaches are easily pierced with a fork and starting to caramelize.

Toast the sourdough as preferred. Spread the toast with the ricotta and arrange the roasted peach halves on top. Sprinkle over the pistachios and, if desired, drizzle over a little extra honey or maple syrup to serve.

Flex it – For a vegan breakfast, replace the ricotta with a dairy-free cream cheese, and opt for the maple syrup instead of the honey.

Peach, ricotta, and pistachio toast

