

HONEY-SWEETENED RICOTTA TOAST

Serves 1

INGREDIENTS

1 slice of a hearty whole wheat bread, toasted
1/2 cup strawberries or peaches, sliced
1/4 cup fat-free ricotta cheese
pinch of cinnamon or to taste
1/2 tablespoon honey



DIRECTIONS

1. Spread ricotta cheese on toasted bread and sprinkle cinnamon on top.
2. Place sliced fruit on top of ricotta cheese, then drizzle honey over fruit. Sprinkle more cinnamon if desired.

NUTRITION INFORMATION PER SERVING (Serving Size 1 Slice)

Calories: 175; Total fat: 2g; Sat. fat: 1g; Cholesterol: 2mg; Sodium: 375mg; Carb.: 30g; Fiber: 3g; Sugars: 16g; Protein: 11g; Potassium: 235mg; Phosphorous: 141mg.

SOURCE:

www.foodandnutrition.org/November-December-2013/Sweet-Stuff/
Recipe developed by Karman Mayer, RD, LDN.
