

Fig and Lemony Ricotta Toast With Hazelnuts and Honey

Ingredients

1 slice good bread of your choice: whole grain, sour-dough, and rye are all A+ options

1/4 cup part-skim ricotta cheese

1/4 of a lemon, juiced

1 fresh fig or 2 dried, sliced

1 teaspoon crushed hazelnuts

1 teaspoon honey

Pinch of flaky sea salt, such as Maldon

Instructions

1. Toast Bread.
2. Top with ricotta cheese, figs and crushed hazelnuts.
3. Drizzle with honey and sprinkle with sea salt.

Makes 1 serving

Culinary Medicine, Nutrition Services



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Easy Avocado Toast

Ingredients

1 slice good bread of your choice: whole grain, sourdough, and rye are all A+ options

½ ripe avocado (up to ½)

Pinch of flaky salt

Spritz of lemon

1 splash olive oil

1 pinch black pepper (red pepper flakes, paprika, or ground cumin, optional)

Instructions

1. Toast your bread on both sides.
2. Smash avocado with a fork. Top with flaky salt - don't be stingy - spritz with fresh lemon, a drizzle of extra virgin olive oil and any other toppings that fit your fancy.



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