

# 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

¼ cup part-skim ricotta cheese

¼ 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, sour-dough, and rye are all A+ options

⅓ 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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