




RICOTTA, APPLE, AND HONEY TOAST

SERVES: 1 (1 slice of toast) Prep Time: 5 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  ½  ½  1

1 slice low-sodium sprouted wheat bread (like Ezekiel®), toasted
¼ cup + 2 Tbsp. part-skim ricotta cheese
1 pinch sea salt (or Himalayan salt)
½ cup sliced apples (approx. ½ medium)
1 tsp. raw honey*

1. Top toast with cheese and salt.
2. Layer apples over cheese. Drizzle with honey and enjoy!

SERVING SUGGESTION:

To make this recipe gluten-free, use **Gluten-Free Fresh Bread** (see separate recipe for **Gluten-Free Fresh Bread**).

NUTRITIONAL INFORMATION (per serving): Calories: 256 Total Fat: 8 g Saturated Fat: 5 g Cholesterol: 29 mg Sodium: 309 mg Carbohydrates: 33 g Fiber: 4 g Sugars: 11 g Protein: 15 g

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*Do not feed honey to children younger than one year.

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.