



RECIPES

Ricotta Pear and Almond Toast

INGREDIENTS:

- 1 slice whole wheat toast
- ¼ cup part skim ricotta cheese
- 1 tablespoon sliced almonds
- 3-4 slices of pear, thinly sliced
- ½ tsp honey

INSTRUCTIONS:

1. Place 1 tablespoon almonds in dry skillet over medium heat. Toast until lightly brown.
2. Spread ricotta on toasted bread. Top with sliced pears and toasted almonds.
3. Drizzle with honey and enjoy!

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From: <http://www.myrecipes.com/recipe/ricotta-pear-almond-toast>

