

Pistachio & Peach Toast

Total: 5 min. Active: 5 min. Yield: 1 serving.

Nutritional Information Per Serving

Calories: 193. Total Fat: 6g. Carbs: 29g. Protein: 8g.

Ingredients

- 1 tbsp part skim ricotta cheese
- 1 tsp honey
- 1.8 tsp cinnamon
- 1 slice whole wheat bread, toasted
- 1/2 peach
- 1 tbsp chopped pistachios

Directions

Combine ricotta, ½ teaspoon honey and cinnamon in a small bowl.

Spread the ricotta mixture on toast and top with peach and pistachios. Drizzle with the remaining 1/2 teaspoon honey.

