



# RICOTTA TOAST

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SERVES 2

TIME: 5 MINUTES

## INGREDIENTS:

2 slices of sourdough bread, toasted

4 TBSP ricotta cheese

Juice of ¼ lemon

1 persian cucumber, thinly sliced

Tomatoes (any kind), thinly sliced

Fresh herbs (dill, basil)

1 tsp EVOO

S+P to taste

## DIRECTIONS:

1. Toast Bread
2. Top bread with ricotta mixture, squeeze of lemon, cucumber, tomatoes and fresh chopped herbs. Drizzle with olive oil and finish with a sprinkle of salt and pepper.

**NOTE:** Have fun with this one and top with your favorite veggies, smoked fish, or even honey and bananas or other fruits!

# TAHINI TOAST

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SERVES 2

TIME: 5 MINUTES

## INGREDIENTS:

1 TBSP Tahini

2 Slices of bread, toasted

1 banana, sliced

2 tsp honey, divided

Sprinkle of Cinnamon

Mint

## DIRECTIONS:

1. Toast bread
2. Top bread with tahini and sliced bananas. Drizzle with honey and a sprinkle of cinnamon, sesame seeds and mint.

**SONG:** Naive by The Kooks