



Fruit Toast with Ricotta, Banana & Honey

This delicate combination of banana, ricotta cheese and honey on toasted Bürgen® Fruit & Muesli Bread is high in fibre and suitable for so many important daily occasions: Breakfast, morning tea, dessert, afternoon tea, soothing treat, healthy snack... the list goes on. But who needs a reason? Just enjoy any time.

Ingredients:

2 slices Bürgen® Fruit & Muesli Bread
 1 banana, sliced
 1 tsp honey
 1 tbsp reduced fat ricotta cheese

Preparation:

Preparation time: 5 minutes; Serves 1.

1. Place 2 slices of bread into the toaster, cook until golden brown.
2. Spread ricotta cheese over both slices. Top with sliced banana and drizzle honey on top. Serve immediately. Alternatively, this recipe can be made using Bürgen® Rye Bread.

- + High fibre foods help to maintain a healthy digestive system . This recipe contains 19% of your Daily Intake for fibre.*
 *% Daily Intake is based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

Average Nutritional Information per serve	
Energy	1512 kJ
Protein	11.4 g
Fat	5.9 g
Saturated Fat	1.4 g
Carbohydrate	61.7 g
Sugars	30.5 g
Fibre	5.9 g
Sodium	311 mg