

Figs with ricotta & honey on fruit toast



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Preparation: about 10 minutes
Serves: 4

Great for a quick breakfast or brunch.

250g fresh ricotta
1 tbs icing sugar
4 thick slices fruit bread
6 plump ripe figs, sliced
¼ cup pecan nuts or walnuts, chopped
Honey, for drizzling

1. Beat ricotta and icing sugar in a bowl until smooth and creamy. Toast bread. Thickly spread toast with ricotta. Place on serving plates.
2. Arrange sliced figs on ricotta toasts. Sprinkle with nuts, drizzle with honey and serve.



Figs

- Along with their rich succulent flavour, fresh figs provide fibre. The fibre is concentrated in the fig seeds and helps keep the digestive tract functioning normally.

- Provide vitamin C, which the body uses as one of its tools to fight infection.
- A source of potassium, which can help balance the effects of too much salt in the daily diet.