

# Spring fruits with honey & almond ricotta



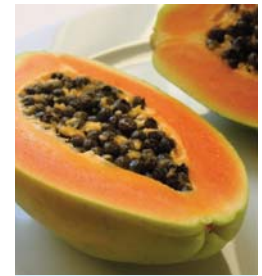
## Spring fruits with honey & almond ricotta

**Preparation:** about 25 minutes  
**Serves:** 4-6

*Great for a healthy breakfast, brunch  
or dessert!*

- 300g ricotta cheese
- 2 tbs honey + extra for drizzling
- ½ cup almond kernels, roughly chopped
- ½ tsp ground cinnamon
- ½ medium papaya, peeled, deseeded and sliced
- 2 medium bananas, peeled and sliced lengthways
- 250g large strawberries, hulled
- 2 oranges, peeled and cut into wedges
- 2 kiwifruit, peeled and thickly sliced lengthways

1. To make honey & almond ricotta, place ricotta in a medium bowl. Beat until smooth. Add honey, almonds and cinnamon. Stir until well combined. Spoon into a serving bowl. Drizzle with honey.
2. Arrange fruit on a serving platter. Serve with honey and almond ricotta.



### Papaya

- One of the most nutritious fruits with a high content of vitamin C (200g would provide almost three times the amount we need each day) and beta carotene, which the body converts to vitamin A.
- A great way to get dietary fibre, which is needed to keep the intestine healthy.
- Rich in many antioxidants which may help protect body tissues against some aspects of ageing.