

Honey Apple Toast Recipe



This recipe has simple ingredients, but they are pretty much beneficial for your health. Its components are enlisted below:

Ingredients

Wheat bread (whole grain, toasted)	: 2 slices
Ricotta (whole milk, or part-skim)	: 1/2cup
Apple (sliced thinly)	: 1
Honey	: 2 tsp



How To Make REcipe

The making of the Honey Apple Toast Recipe is more comfor table and rapid. There are a few things that you can use to make this recipe tastier.

- + First of all, toast the bread according to your requirement and desire.
- + Keep it aside and let it cool.
- + Apply the ricotta on each piece of toast evenly and adequately.
- + Place the thin apple slices on ricotta cheese by using their slicing shape.
- + Pour the honey over the apples to give it a yummy and juicy look.

Nutritional Facts



Calories
124



Total fat
3.8 g



Cholester
ol 8 mg



Sodium
191 mg



Carbohydr
ates 21.4 g



Protein
2.1 g