Fig and Lemony Ricotta Toast With Hazelnuts and Honey

**Ingredients**
1 slice good bread of your choice: whole grain, sour-dough, and rye are all A+ options

¼ cup part-skim ricotta cheese

¼ of a lemon, juiced

1 fresh fig or 2 dried, sliced

1 teaspoon crushed hazelnuts

1 teaspoon honey

Pinch of flaky sea salt, such as Maldon

**Instructions**

1. Toast Bread.
2. Top with ricotta cheese, figs and crushed hazelnuts.
3. Drizzle with honey and sprinkle with sea salt.

Makes 1 serving

Culinary Medicine, Nutrition Services
Easy Avocado Toast

Ingredients
1 slice good bread of your choice: whole grain, sour-dough, and rye are all A+ options
¼ ripe avocado (up to ½)
Pinch of flaky salt
Spritz of lemon
1 splash olive oil
1 pinch black pepper (red pepper flakes, paprika, or ground cumin, optional

Instructions
1. Toast your bread on both sides.
2. Smash avocado with a fork. Top with flaky salt - don’t be stingy - spritz with fresh lemon, a drizzle of extra virgin olive oil and any other toppings that fit your fancy.

Makes 1 serving
Culinary Medicine, Nutrition Services