

Morning tea: Caprese Toast



Servings: 1

What you need to make Caprese Toast

You need the following ingredients:

2 slices of soy & linseed bread



40g fresh low-fat ricotta cheese



1 roma tomato, thinly sliced



1/2 small avocado, thinly sliced



4 small fresh basil leaves



Salt and pepper



How to make Caprese Toast



Step 1

Wash your hands.



Step 2

Toast bread using a toaster.



Step 3

Cut toast diagonally.



Step 4

Spread half the ricotta onto the toast.



Step 5

Put tomato and avocado on top of ricotta.



Step 6

Sprinkle with basil and remaining ricotta.



Step 7
Season with salt and pepper.



Step 8
Eat and enjoy!