



HEART-HEALTHY* WALNUT RECIPE

Ricotta, Banana, Walnut, and Honey Toast

This simple and delicious breakfast or lunch combines ricotta, banana slices, and toasted walnuts on whole wheat toast, then is sprinkled with a dash of cinnamon for extra flavor.



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INGREDIENTS

- 2 Slices Whole grain bread
(no sugar added)
- 2 Tbsp Ricotta, part skim
- 1/8 tsp Cinnamon, ground
- 1/2 Banana, small, thinly sliced
- 1/4 C California walnuts, toasted,
roughly chopped
- 2 tsp Honey

PREPARATION: 10 minutes **COOK:** 0 minutes

TOTAL TIME: 10 minutes **SERVINGS:** 1

DIRECTIONS

1. Toast bread in a toaster or toaster oven. Spread ricotta onto each toast slice.
2. Sprinkle ground cinnamon over ricotta, then top with sliced banana and chopped walnuts. Drizzle with honey before serving.

Nutrition Information Per Serving: 500 calories, 24g total fat, 3g saturated fat, 3g monounsaturated fat, 14g polyunsaturated fat, 10mg cholesterol, 300mg sodium, 65g total carbohydrates, 7g dietary fiber, 25g total sugars, 17g protein

*California walnuts are certified by the American Heart Association® Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/guidelines. Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts offers 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3.

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