



Visiting Nurse Association  
of Northern New Jersey

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## Lemon-Ricotta Berry Toast

*Yield: 2 servings. Recipe from eatingwell.com*

### Ingredients

¼ cup whole-milk ricotta cheese  
2 teaspoons pure maple syrup  
½ teaspoon lemon zest + ¼ teaspoon, divided  
2 slices whole-grain bread, toasted  
½ cup fresh berries, such as blueberries,  
strawberries and/or blackberries

### Nutritional info

Calories	162
Fat	5g
Cholesterol	83mg
Sodium	233mg
Carbohydrate	22g
Protein	7g
Dietary Fiber	3g

### Directions:

1. Mix ricotta, maple syrup and 1/2 teaspoon lemon zest in a small bowl.
2. Spread onto 1 side of each toast slice.
3. Top each toast with 1/4 cup berries and sprinkle with 1/8 teaspoon lemon zest.