Apricot Almond Ricotta Toasts

4 loaded toasts; 2 toasts per serving | Active 15 min | Cook 5 min | Total 20 min

Ingredients

- About 3 1/2 tablespoons sliced almonds (20 g)
- 4 sturdy slices whole-grain wheat bread (160 g total)
- 1 cup part-skim ricotta (250 g)
- 4–5 ripe apricots, pitted and cut into wedges (200 g edible weight)
- 2 teaspoons honey (14 g)
- 1/2 teaspoon ground cinnamon (1 g)

Set out

Small dry frying pan, Toaster or oven grill, Kitchen scale, Knife and cutting board, Small bowl, Clean cooling plate for toasted almonds

Allergens

Wheat, Milk, Almond. Check labels and substitutions.

A useful detail

Part-skim ricotta is the base dairy. If liquid has collected in its tub, stir it back into the cheese before weighing rather than draining away an unknown amount.

Make it

1. Put almonds in a dry frying pan over medium-low heat. Toast for 2–3 minutes, shaking frequently, until lightly golden, then transfer to a plate.

2. Stir ricotta with the cinnamon in a small bowl. Toast the bread until crisp at the edges.

3. Spread each toast with one-quarter of the ricotta. Divide the apricot wedges equally over the four slices.

4. Drizzle the measured honey across all four toasts and scatter on all the toasted almonds. Serve immediately, 2 toasts per person.

Estimated nutrition per serving

Calories: 505 kcal | Protein: 27.8 g | Carbohydrate: 60.0 g | Fat: 18.1 g | Fiber: 8.3 g. One of 2 servings. Batch yield: 4 loaded toasts; 2 toasts per serving. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Useful after a session without a cooking project

The short method suits days when you want something assembled quickly. The estimate includes both loaded slices; adding another slice or a drink changes the meal total. There is no required window in which this particular dish must be eaten.

Another way

Replace apricots with the same edible weight of ripe nectarine, sliced thinly.

Use 20 g chopped toasted pistachios instead of almonds, changing the tree-nut allergen accordingly.

Keep it well

Keep ricotta and cut apricots covered separately at 40°F/4°C or below for up to 1 day; follow an earlier dairy use-by date. Keep toasted almonds in a dry sealed container. Assemble fresh rather than storing loaded toast.