**Fig & Ricotta Toast**

**Serves 1**

* 1 slice crusty whole-grain bread
* 150g low fat ricotta cheese
* 1 fresh fig or 2 dried, sliced
* 1 teaspoon sliced almonds, toasted
* 1 teaspoon honey
1. Toast bread.
2. Top with ricotta cheese, figs and almonds.
3. Drizzle with honey and serve