

Fruit Ricotta Toast

Delicious fruit ricotta toast recipe ready in 10 minutes. A healthy Italian snack with creamy ricotta, honey, and dried fruits. Perfect any time!

5	5	10	2	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Fruit Ricotta Toast

Ingredients

- 1 cup ricotta cheese
- 6 dry fig
- 4 slice full grain bread
- 1 tbsp honey
- 2 tbsp poppy seeds
- 2 lemon

Instructions

- 1 Toast the bread**

Toast 4 slices of bread in a toaster or toaster oven until golden brown and crispy on the outside, about 2-3 minutes depending on your setting.
- 2 Make the ricotta mixture**

Add 1 cup ricotta cheese to a medium mixing bowl. Add 1 tablespoon lemon zest and mix gently with a fork until well combined, about 30 seconds.
- 3** Sprinkle 2 tablespoons poppy seeds into the ricotta mixture and drizzle with 2 tablespoons honey. Fold gently with the fork until evenly distributed, about 1 minute.
- 4 Assemble and serve**

Spread the ricotta mixture generously over each slice of warm toast, dividing it evenly among the 4 slices. Top with 6 pieces of dried fruit, arranging them attractively on each toast.
- 5** Serve immediately while the toast is still warm and crispy.

Tips

Use room temperature ricotta for easier mixing and a smoother, more spreadable consistency.

Toast the bread to a golden brown for the best contrast in textures—it should be crispy on the outside but still tender within.

Zest the lemon directly over the ricotta to capture the essential oils that give the most flavor impact.

Soak harder dried fruits like apricots in warm water for 5 minutes to soften them before chopping, making them easier to eat.

Lightly crush the poppy seeds with the flat side of a knife to release more flavor and aroma.

Drizzle honey in a thin stream and use a fork to gently swirl it through the ricotta for even distribution.

For extra elegance, garnish with fresh mint leaves or a light dusting of cinnamon.

Make small batches of the ricotta mixture as it's best consumed within 2-3 days for optimal freshness.