

## **Ricotta, Basil, and Strawberry Toast**

From the American Institute for Cancer Research

[http://www.aicr.org/health-e-recipes/2018/beautiful-breakfast-toasts.html?\\_ga=2.118917130.264055177.1526306268-249043919.1524671231](http://www.aicr.org/health-e-recipes/2018/beautiful-breakfast-toasts.html?_ga=2.118917130.264055177.1526306268-249043919.1524671231)

### **Ingredients**

- 1 slice whole grain bread, toasted
- 1 tablespoon ricotta cheese
- 3 fresh basil leaves, sliced into strips
- 2-4 strawberries, sliced into thin strips

### **Details**

This toast is the perfect combination of savory and sweet flavors. It's light and refreshing and works well with any type of berry in season. Berries are one of AICR's Foods that Fight Cancer – and are particularly high in ellagic acid, a phytochemical that has been shown to have strong cancer-protective properties.

### **Makes 1 serving**

### **Nutrition information per serving**

Calories: 140	Dietary Fiber: 3 g
Total Fat: 4 g	Sodium: 135 mg
Saturated Fat: 1.5 g	Protein: 5 g
Cholesterol:	Carbohydrates: 23 g