**Recovery Toast**

**Ingredients:**

Each type makes 4 servings, or gets placed on 4 slices of toast

Avo-Banana

 1 ripe avocado mashed

1 small ripe banana mashed

½ juice of lime

¼ tsp chili powder

1/8 tsp salt

Peachy

1 cup reduced-fat ricotta cheese

2 tbsp pesto sauce

2 peaches sliced

¼ cup sliced almonds or nut of choice

Beany

1 cup refried beans

1 avocado sliced

1 cup peach or mango sliced

2 oz diced feta

Lime juice to taste

**Directions:**

1. Stir the base ingredients together (cheese, spices, mashed ingredients)
2. Layer on toast of choice.
3. Place fruit on top and enjoy!