**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!