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MetaBurn90 Day 4, Meal 1

Ricotta Breakfast Bowl with Fruit and Almonds

Ricotta is a soft cheese with a mild flavor that can be used in both sweet and savory dishes. Using it as the base for this healthy breakfast bowl means you'll be getting a healthy serving of protein and calcium to start your day. Adding the sweetness of the bananas and fresh berries, and extra crunch from sliced almonds, ensures you won't even miss your favorite breakfast cereal as you dig into this tasty treat.

Prep time: 5 min. Cook time: 0 min.

Serving size: 1 bowl

Recipe yields 1 serving

Ingredients

1/2 cup ricotta cheese

1 banana

1/4 cup fresh berries

2 tbsp sliced almonds

Directions

1. Slice the banana, and mix half of it with the ricotta cheese.
2. Spoon ricotta mixture into a bowl and top with remaining sliced banana and berries. Sprinkle with sliced almonds to serve.