

PEACH BRUSCHETTA

WITH GOATS CHEESE, BASIL & HONEY



LifeShape Clinic

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INGREDIENTS

2 slices whole grain bread
1 tbsp goats cheese
1 tbsp low fat cream cheese
1 peach, sliced
2 tsp honey
1 large sprig basil, leaves torn
Pepper

METHOD

1. In a small bowl, mix cheeses until smooth and gently fold in basil.
2. Toast bread.
3. Divide cheese mixture between each piece of toast and top with peach wedges. Garnish with extra basil, a drizzle of honey, and pepper.
4. Serve warm.

2
SERVES

Nutrition Guide

PER SERVE

Energy (cal)	284cal
Protein	10.3g
Fat	13.6g
Saturated Fat	4.6g
Carbohydrate	27g
Sugar	15g
Sodium	243mg
Fibre	7g

RECIPE VARIATION

1200

Breakfast Requirement: 270-300 cal
Meets Requirements: Yes
Total Meal Calories: 284 cal

1500

Breakfast requirement: 320-350 cal
Meets requirements: No
Recommendations: Increase goat cheese to 40g
Total meal calories: 320 cal

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