

A close-up photograph of a sesame seed bagel. The bagel is cut in half, revealing a filling of white ricotta cheese, a vibrant green pesto sauce, several dark capers, and fresh green basil leaves. The bagel is resting on a piece of brown parchment paper. The background is slightly blurred, showing more of the same bagel.

SPICY PESTO RICOTTA BAGEL



LifeShape Clinic

SPICY PESTO RICOTTA BAGEL

INGREDIENTS (SERVES 1)

2 tablespoons smooth low-fat ricotta
1.5 tsp pesto
1/4 heaping teaspoon red pepper flakes
Small handful spinach leaves
1 Purebred bagel
20g Sundried Tomatoes

METHOD

1. Mix the ricotta, pesto and red pepper flakes in a small bowl until well combined.
2. Toast the bagel.
3. Spread the ricotta mixture evenly onto bagel halves, top with spinach and sundried tomato and serve.

Nutrition Guide

PER SERVE

Energy (cal)	281cal
Protein	8.8g
Fat	8.4g
Saturated Fat	1.8g
Carbohydrate	34.5g
Sugar	10.8g
Sodium	584mg
Fibre	16g

RECIPE VARIATION

1200
Breakfast Requirement: 270-300 cal
Meets Requirements: Yes
Total Meal Calories: 281 cal

1500
Breakfast requirement: 320-350 cal
Meets requirements: No
Recommendations: Add 40g smoked salmon or 40g sliced Pastrami
Total meal calories: 350 cal

For more recipes, visit lifeshape.com.au