

Almond Pear Toast



Indulge in the delightful combination of flavors with this Almond Pear Toast, featuring natural almond butter, fresh slices of pear, a drizzle of honey, and a sprinkle of crushed walnuts for a satisfying and nutritious breakfast or snack.

Preparation 2 min

Cooking 1 min

Servings 1

Nutrition Facts (per serving)

Calories 220

Fat 10

Carbohydrates 29

Fibre 4

Protein 5

Sodium 90

Ingredients

- 1 whole-grain slice of bread
- 15 ml (1 tbsp) of natural almond butter
- ½ pear, thinly sliced
- A drizzle of honey
- 2 chopped walnuts

Preparation

1. Toast a slice of bread, then layer the ingredients in the given order on the toasted bread.

Notes

The toasts are best enjoyed on the same day.



Gabrielle Simard – Créatrice culinaire
Culinary Creator