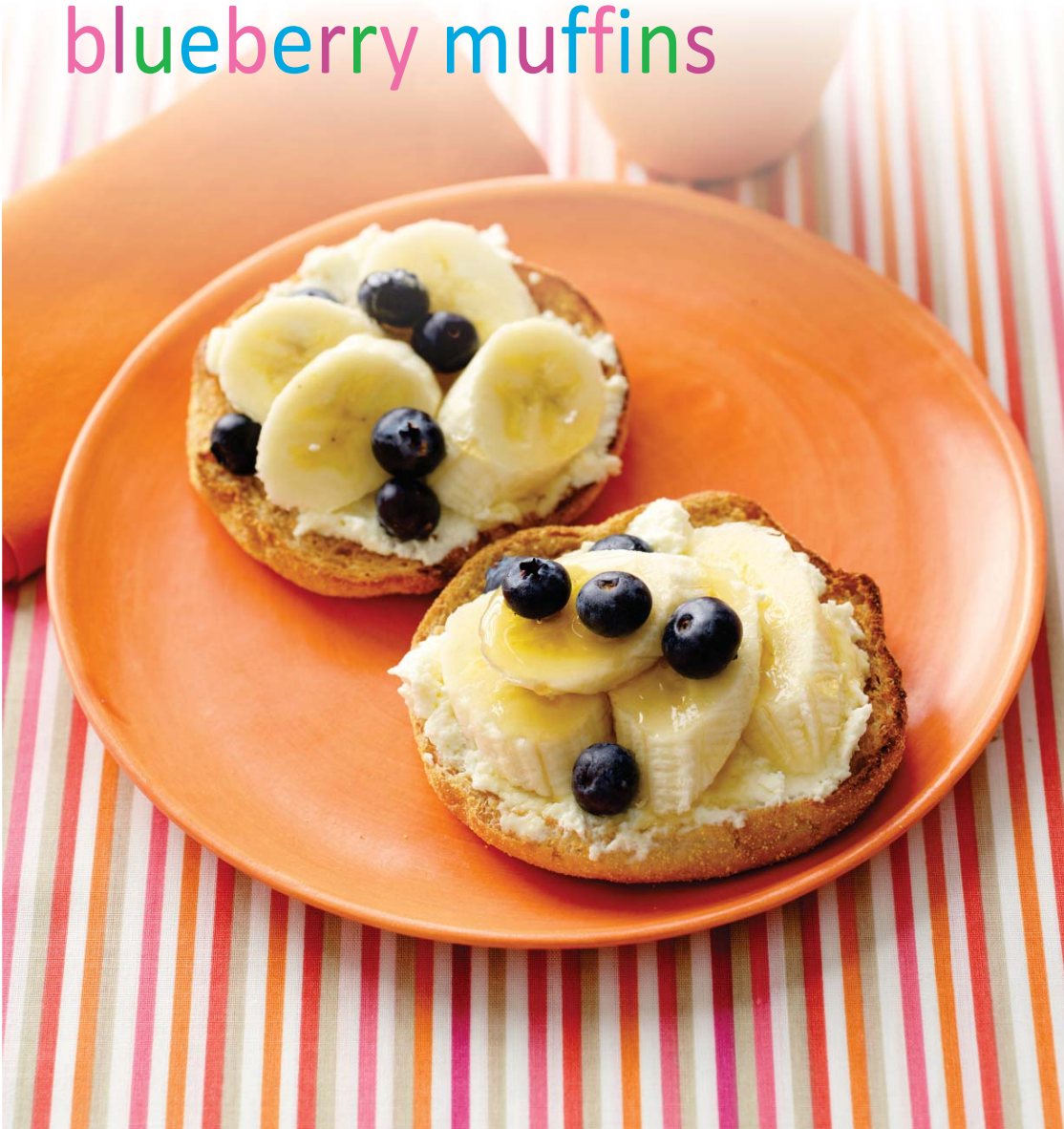


Fresh for Kids®

Banana, honey ricotta & blueberry muffins



Banana, honey ricotta & blueberry muffins

Preparation: about 10 minutes
Cooking: about 2 minutes
Serves: 2

100g ricotta cheese
3 tsp honey + extra for drizzling
2 wholemeal English muffins, split
1 large ripe banana
50g blueberries

1. Combine ricotta and honey in a small bowl. Beat until smooth
2. Toast muffins until crisp. Spread muffin bases with ricotta mixture. Peel and slice banana. Top ricotta mixture with banana and sprinkle with blueberries. Lightly drizzle with extra honey to serve.

For fresh fruit and vegetable recipes visit
www.freshforkids.com.au.

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