

Salted Ricotta & Avocado Bagel (and a banana for the Road)

Prep time: 5 minutes

Cooking time: 5 minutes

About

Eat this *delicious* sandwich at least 60 minutes before exercise as part of a balanced diet. This meal is an excellent pre-workout source of carbohydrate, as part of a balanced diet.

Ingredients

1 100% whole grain bagel
¼ cup part skim ricotta cheese
½ California avocado, sliced lengthwise
½ cup roma tomato, cubed
Salt & pepper to taste

+

1 banana

Directions

1. Toast bread in toaster
2. Cube tomatoes and slice avocado
3. Once the toast pops, spread the ricotta cheese over one slice of toast and the avocado on the other
4. Sprinkle cubed tomatoes over the slice with ricotta cheese
5. Salt and pepper to taste
6. Wrap in aluminum foil as a tasty breakfast-sandwich-on-the-go! (Don't forget your banana!)



Nutrition Content

Calories	577
Carbohydrate	91 g
Protein	21 g
Fat	17 g
Fiber	13 g

Micronutrient *Bonus*

112 µg, ~15% RDA Vitamin A

- Instead of taking supplements, eat Vit A-rich (like avocado foods to meet your daily recommendations! Vit A, along with with Vitamin C and Vitamin E, have been shown to counteract exercise-induced oxidation.

29 mg, ~40% RDA Vitamin C

- Vitamin C, found in tomatoes, is an oxidant and may also help protect against oxidative stress. Athletes who exercise regularly need at least 100 mg per day, but endurance athletes may need up to 500 mg a day.

211 mg, ~20% RDA Calcium

- Getting adequate calcium optimizes bone strength and may prevent stress fractures later in life. Aim to include bioavailable sources of calcium (like dairy) with each meal, but consider supplementation if necessary.

Original recipe: <http://www.simplehealthykitchen.com/avocado-toast-herbed-ricotta-fresh-tomatoes/>

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