

Goat Cheese & Honey Crostini

3-4 per person

Ingredients

- 1 baguette, sliced into 1 cm rounds
- 200 g goat cheese (chèvre)
- 1–2 tsp honey
- 30-40 g toasted, chopped walnuts (½ T per crostini)
- Fresh thyme leaves (optional)
- Freshly cracked black pepper
- Olive oil for brushing



Instructions

1. Preheat oven to **180°C**.
2. Brush baguette slices lightly with **olive oil**.
3. Toast **8–10 minutes** until lightly golden.
4. Spread **goat cheese** generously on warm crostini.
5. Drizzle lightly with **honey**.
6. Sprinkle **walnuts, thyme** and **black pepper**.
7. Serve immediately or at room temperature.

Substitution Notes

- If goat cheese unavailable: mix **cream cheese** with **1 tsp plain yogurt** and **pinch salt**.
- **Mascarpone** with **lemon zest** is another refined option.

Nutrition

Per 1 crostini (approx.)

Kcal: 115 | Protein: 4 g | Fat: 8 g | Sat. Fat: 3 g | Carbs: 8 g | Sugars: 1 g | Fiber: 1 g | Sodium: 95 mg | Omega-3: 0.2 g

If Serving 3 Crostini per Person

Kcal: 345 | Protein: 12 g | Fat: 24 g | Sat. Fat: 9 g | Carbs: 24 g | Sugars: 3 g | Fiber: 3 g | Sodium: 285 mg | Omega-3: 0.6 g

If Serving 4 Crostini per Person

Kcal: 460 | Protein: 16 g | Fat: 32 g | Sat. Fat: 12 g | Carbs: 32 g | Sugars: 4 g | Fiber: 4 g | Sodium: 380 mg | Omega-3: 0.8 g