

Avocado Toast



Directions:

- Mash up a ripe avocado. Add a pinch of salt and a squeeze of lime.
- Toast a slice of a good quality whole grain bread such as Dave's Bread or Ezekiel Bread.
- Spread the avocado on top!



A nice addition: Sprinkle some "Everything but the Bagel" Seasoning on top (look for it at Trader Joe's or at your local supermarket). Enjoy!!

Healthy hint: A little mashed avocado spread on a baked corn tostada is another nice snack. Mash up some beans on top for a protein boost 😊



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