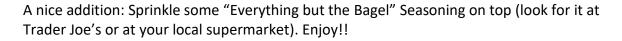
## **Avocado Toast**



## **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!



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 ©



