

Recipe for

Avocado Toast



SERVES 1

PREP TIME/TOTAL TIME
Approx 5 min / 5 min

NUTRITION INFORMATION

Total Calories 250
Fat 10 g
Protein 11.3
Carbohydrates 34.4
Fiber 11.4

INGREDIENTS

- 2 slices of Ezekiel Bread
- 3/4 small avocado or 1/2 medium
- 1 tbsp diced red onion
- Pinch of black pepper
- Pinch of cayenne pepper
- Pinch of salt(optional)
- Squeeze of lime
- Two sprigs of fresh cilantro

DIRECTIONS

- Toast Ezekiel Bread to desired crispness
- Spread avocado on bread
- Next, sprinkle diced red onion and spices on avocado
- Top with leaves from cilantro sprigs
- Squeeze fresh lime (or lemon) on top of toast.
- Additional options: Top with arugula, romaine lettuce, sliced jalapeno/pepper or diced tomato





Grocery List

AVOCADO TOAST



Produce

- ☐ Avocado
- ☐ Small Red Onion
- ☐ Lime
- ☐ 1 Bunch of fresh cilantro



Seasoning

- ☐ Black Pepper
- ☐ Cayenne Pepper
- ☐ Salt (optional)



Grains

- ☐ Ezekiel Bread