

Avocado Toast

Servings: 1

RECIPE BOX

INGREDIENTS

1 SLICE BREAD
1/2 AVOCADO



DIRECTIONS

STEP 1: Toast bread and smear with avocado.

Serve with fruit.

GF Select gluten free bread.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 284, Total Fat 22g, Carbs 21g, Protein 5g, Fiber 11g. Sugars, 2g.