

Avo Toast

Ingredients:

- 2 slices of your favorite whole or sprouted grain bread, lightly toasted or your favorite whole grain crackers
- ½ avocado
- ½ lime or lemon
- red pepper flakes or cayenne, to taste
- coarse sea salt, to taste



Directions:

1. Toast bread slices. Slice a ripe avocado in half. Place 1/2 of the avocado onto the toasted bread and spread it evenly.
2. Cut a lime or lemon in half and gently squeeze the juice over the avocado on your slices of toast.



MILES PERRET
CANCER SERVICES

