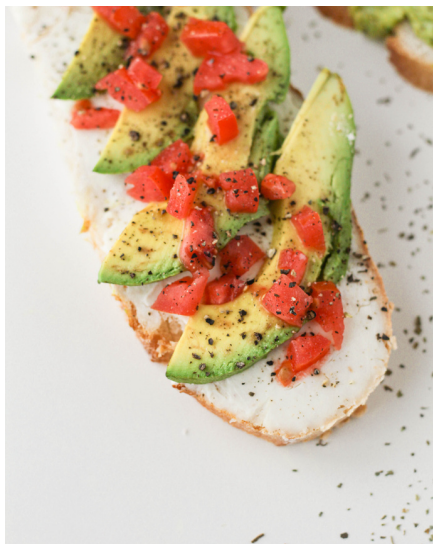




# AVOCADO TOAST

## INGREDIENTS

- 1 slice of toasted bread(I prefer sprouted or seeded bread for extra nutrition and fiber)
- 1/2 ripe avocado
- Pinch of salt (pink Himalayan salt)
- Pinch of pepper
- Lemon juice (i prefer fresh lemon to squeeze on top of avocado)
- Optional :any of your favorite toppings (leafy herbs like chopped fresh basil, cilantro, dill or parsley), fresh cherry tomatoes, fresh radish, green onion, jalapeno, sunflower seeds.



## DIRECTIONS

1. Pick great avocados.
2. Buy good seeded or sprouted bread & toast it well.
3. Cut your avocados in half, remove the pit, scoop the flesh into a bowl , and mash it up with a fork.
4. Add salt (pink Himalayan salt) lemon & pepper
5. Add your favorite toppings (leafy herbs like chopped fresh basil, cilantro, dill or parsley), fresh cherry tomatoes, fresh radish, green onion, jalapeno, or even sunflower seeds.

## BENEFITS

- Avocados help lower blood pressure because they are packed with monounsaturated oils (healthy fats)
- Because of their concentration of antioxidants, they are anti-inflammatory which helps to lower the risk of diseases such as arthritis and boost women's fertility.