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Avocado Toast

INGREDIENTS:

- 1 slice whole wheat bread
- ½ ripe avocado, peeled, seeded, mashed or sliced
- 2 slices fresh tomato, optional
- Black pepper, to taste
- Sea salt, to taste

DIRECTIONS:

- 1. Toast 1 slice of whole wheat bread.
- 2. Wash avocado, remove seed, slice or mash flesh.
- 3. Top toast with ½ avocado, sliced or mashed.
- 4. Top with tomato slices, salt and pepper

Source: Cooking with Extension Cookbook | **Yield:** 1 serving; 190 Calories per serving. Total fat 11g; Protein 5g; Total carbohydrate 19g; Dietary fat 7g, Sodium 290mg.



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