

High Protein

AVOCADO TOAST



High Protein Avocado Toast

INGREDIENTS

- 2 large slices bread
- 1/2 cup white beans
- 1/2 avocado
- 1 tbsp fresh lemon juice
- 1 tbsp nutritional yeast
- 1/4 tsp garlic powder
- Salt and fresh black pepper to taste
- (Sliced red onion is optional)



METHOD

- 01** In a small bowl, add you white beans and avocado and mash with a fork until combined. You can leave some pieces of bean or avocado for texture.
- 02** Add in lemon juice, spices, and nutritional yeast. Mix until combined.
- 03** Toast your piece of bread until crispy and golden brown. I like to toast it over the stove with a little olive oil but you can also toast it in the regular toaster.
- 04** Spread avocado mixture on top of toast. Sprinkle with crushed salt, freshly ground black pepper, microgreens, and pickled onions (if desired).

Enjoy the taste!!