

AVOCADO TOASTS

I have to say this is one of my favorite snacks of all time. It's easy, tastes so good, and never disappoints. You can add some zip to it with a sprinkle of red chili flakes.



INGREDIENTS

2 slices of your favorite whole or spouted grain bread, lightly toasted
1/2 avocado
1/2 lime
Red pepper flakes, to taste
Sea salt, to taste
Fresh ground black pepper, to taste

METHOD

1. Toast bread slices.
2. Slice a ripe avocado in half put in a bowl, cut the lime in half and squeeze the juice in, sprinkle red pepper flakes, sea salt and black pepper, stir to mix then spread evenly onto the toasted bread.

Add on's: Top your toast with sun-dried tomatoes, thinly sliced cucumbers, cilantro, sliced olives, or sprouts.