

RECIPES

Avocado Toast

INGREDIENTS:

1 slice whole
wheat toast
½ avocado, ripe
Red pepper flakes
Salt and pepper,
freshly ground

INSTRUCTIONS:

- Slice avocado and mash in bowl with fork until chunky.
- 2.Place mashed avocado on toast
- 3. Season with salt, pepper and red pepper flakes to taste.

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