

Protein-Packed Avocado Toast

.....

INGREDIENTS

- ½ avocado
- ½ cup white navy beans
(cooked & optional)
- ¼ tsp lemon juiced
- ¼ tsp sea salt
- 2 slices Bread (Whole Grain
Sprouted or Gluten-free)
- 2 tbsp hemp seeds

2 servings | 15 minutes

PREP

Mash avocado, white beans, lemon juice, and salt together with fork. Divide mixture onto the toast. Sprinkle with hemp seeds and enjoy! Notes: Use chickpeas instead of beans. Add hot sauce to spice it up!

