

# Avocado on Toast

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**CAL: 259    PROTEIN: 5    CARBS: 28    FIBRE: 6    FAT: 16**



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**SERVES:**

2



**TIME:**

10 minutes



## INGREDIENTS

2 slices sourdough (or gluten-free if required) bread

1 avocado

2 tsp lemon, juiced

1 tbsp fresh mint, chopped

1 tbsp dukkah

Salt & pepper to taste

1 tsp olive oil

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## INSTRUCTIONS

Start by toasting your toast.

Smash the avocado in a small bowl with lemon and mint.

Once your toast is ready, transfer to two plates and spread a thick layer of avocado over both slices

Top with dukkah and drizzle with olive oil.

## MACROS

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