

Get Creative With Toast

Ingredients

1 piece of whole-grain or whole-wheat bread
Toppings of your choice

Instructions

Toast the bread to your preference and top with one of our creative ideas.

- Mashed avocado, red pepper flakes and salt
- Hummus, greens and sunflower seeds
- Nut butter, banana and chia seeds
- Mashed chickpeas, tomato and fried egg
- Mashed beans, salsa, avocado and egg
- Apple, nut butter, honey and cinnamon
- Cream cheese, cucumber slices and dried dill
- Cottage cheese and a slice of tomato