

POMEGRANATE AVOCADO TOAST

NUTRITION FACTS

Serving Size: 1 slice

Calories: 327 | Carbohydrates: 37g | Protein: 8g | Total Fat: 17g | Saturated Fat: 3g | Sodium: 353mg | Fiber: 8g

INGREDIENTS

- 1/2 Avocado (medium)
- 1/4 Lime (juiced)
- Sea salt & Black pepper (to taste)
- 1 slice Sourdough bread (toasted)
- 2 Tbsp Pomegranate seeds
- 1 Tbsp Feta cheese (crumbled)
- 1/4 tsp Chili flakes (optional)

DIRECTIONS

1. In a bowl, add the avocado and lime juice. Mash the avocado with a fork and season with salt and pepper.
2. Spread the avocado on the toast. Top with pomegranate seeds and feta cheese. Sprinkle chili flakes on top, if using, and enjoy!

NOTES

Leftovers: Best enjoyed immediately.

Make it Vegan: Omit feta cheese or use plant-based cheese instead.

Additional Toppings: Fresh cilantro or dill.

Gluten-Free: Use gluten-free bread instead.





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