




Cost: \$ \$

Ease: 

Health Benefit: This meal provides you with fiber and healthy fats to help keep you full, while adding a heart-healthy component! Adding cheese and/or egg will allow for protein to make it an even more well-rounded and balanced meal!

This is a super easy meal that can be served as breakfast, lunch or dinner! You can spice it up, dress it up with an egg, or top it with your favorite cheese. It is something the whole family can get involved in, and make their own!

Avocado Toast

Ingredients:

Bread of your choice
¼ ready-to-eat avocado, smashed
¼ tsp kosher salt
Pepper

Optional toppings: sunny-side up egg, feta

Directions:

1. Toast the bread using whichever method is easiest for you
2. Place the avocado on top of the bread; Sprinkle with salt and pepper
3. Place any additional toppings you'd like
4. Enjoy!

Cookware needed:

Toaster