

WHITE BEAN AVOCADO TOAST

Serves 2

INGREDIENTS

- 2/3 cup cannellini beans
- 1 small avocado
- 1 Tbls. Lemon juice
- 2-3 Tbls. Basil, finely chopped
- ¼ tsp. chili flakes or smoked paprika
- Handful arugula
- Couple slices of tomato
- Sea salt
- 2-4 slices of high fiber bread, toasted



INSTRUCTIONS

1. In a bowl, use a fork to mash together beans, avocado, lemon, basil and chili flakes or paprika.
2. Smash onto toast slices.
3. Top with some arugula, tomato slices and sea salt to taste.

NOTES

- Use any toppings you like or just use the bean-avocado mash and ditch the other toppings.
- Basil or cilantro are yummy instead of basil as well.