

PROTEIN-POWERED AVOCADO TOAST



Avocados From Mexico are certified by the American Heart Association®. Certification does not apply to serving suggestions or recipes.

AvocadosFromMexico.com

While many factors affect heart disease, eating avocados as part of a diet low in saturated fat and cholesterol may reduce the risk.

PROTEIN-POWERED AVOCADO TOAST

MAKES 4 SERVINGS

INGREDIENTS

- 1** medium, ripe Avocados From Mexico
- 4** slices of whole-grain bread, toasted
- 1 cup** cannellini beans, drained and rinsed
- 1 TB** whole-grain Dijon mustard
- 2 TB** fresh basil leaves, chopped
- 1 TB** fresh lime juice
- Salt, pepper to taste

INSTRUCTIONS

- 1.** In a medium-sized bowl, mash the beans, avocado, lime juice and mustard together.
- 2.** Stir in the chopped basil.
- 3.** Spoon on toast and enjoy!

NUTRITION FACTS

(Per serving = 1 piece of toast) | Calories: 230, Total Fat: 7g (Sat. Fat: 0g) Cholesterol: 0mg, Sodium: 330mg, Total Carbohydrates: 35g, Dietary Fiber: 8g, Sugar: 5g, Protein: 10g

