



MEXICAN STYLE AVOCADO TOASTS

Final Lifestyle

INGREDIENTS

2 slices of whole grain lite bread
2/3 large ripe avocado
1/2 tsp lime juice
dash salt
1/4 tsp cumin
2-3 dashes hot sauce
4 TBS prepared fresh salsa (we really like Green Mountain)
2 TBS cilantro, chopped
3 TBS vegan sour cream
1 TBS water

INSTRUCTIONS

- Toast your bread to your liking.
- Mash avocado with lime juice, cumin, salt, and hot sauce.
- Use a fine mesh strainer to drain off the excess liquid in the salsa and discard.
- Thin sour cream with water.
- Top the toast with mashed avocado mixture, drained salsa, cilantro and sour cream.

SERVING INFO: (Yields 2 servings)

1 toast = 1/2 V, 1/2 G, 1/2 FT

See photo of recipe at [Instagram](#) and [Facebook](#).