



MEXICAN STYLE AVOCADO TOASTS

Final Lifestyle

Ingredients:

2 slices of whole grain lite bread
2/3 large ripe avocado
½ tsp lime juice
dash salt
¼ 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:

1. Toast your bread to your liking.
2. Mash avocado with lime juice, cumin, salt, and hot sauce.
3. Use a fine mesh strainer to drain off the excess liquid in the salsa and discard.
4. Thin sour cream with water.
5. Top the toast with mashed avocado mixture, drained salsa, cilantro and sour cream. Makes 2 toasts

Portion-Per-Serving Information (Yields 2 servings)

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