## **Avo Toast**

## Ingredients:

- 2 slices of your favorite whole or sprouted grain bread, lightly toasted or your favorite whole grain crackers
- <sup>1</sup>/<sub>2</sub> avocado
- $\frac{1}{2}$  lime or lemon
- red pepper flakes or cayenne, to taste
- coarse sea salt, to taste



## **Directions:**

1. Toast bread slices. Slice a ripe avocado in half. Place 1/2 of the avocado onto the toasted bread and spread it evenly.

2. Cut a lime or lemon in half and gently squeeze the juice over the avocado on your slices of toast.

