



*Avocado Toast
3 Ways*

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CREATES: 3 SERVES

PREP: 5 MINS

COOK: -

TOTAL: 5 MINS

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INGREDIENTS

Sourdough bread, sliced*
2 medium avocado, peeled and seeded
Salt and pepper, to taste
Lemon juice (optional)

HUMMUS AVO TOAST

1 cup hummus or spread (any flavour of your liking, I love beetroot and edamame hummus)
1 tbsp white sesame seeds
3 small watercress leaves
Slice of lemon

CHERRY TOMATO & FETA AVO TOAST

2 cherry tomatoes, sliced
1 tbsp vegan feta, crumbled
1 tbsp alfalfa sprouts

FRUITY PUNCH AVO TOAST

1/2 plum, sliced
3 blueberries
1/2 strawberry
Maple syrup, adjust according to sweet tooth

DIRECTIONS

>> watch here

1. Stir together chia seeds and milk in a bowl or jar^
2. Pour matcha powder into another bowl. Pour 1-2 tsp hot water and whisk until smooth.
3. Combine the matcha paste, vanilla and maple syrup to the chia seed bowl. Stir thoroughly. Refrigerate overnight or for at least 2-3 hours.
4. When ready to serve, add your favourite toppings.

NOTES

*You can use another sweetener of choice here such as stevia for a sugar-free version

^Use a mason jar to bring it with you wherever you are!