

# Avocado and Smoked Sardine Toast



4 servings



10 minutes

## INGREDIENTS

Lightly smoked sardines

Toasted bread

Avocado

Salt

Pepper

White Sesame seeds



## DIRECTIONS

1. Toast a slice of your favorite bread.
2. Slice a ripe avocado. Scoop out the slices and arrange them neatly on the toasted bread.
3. Sprinkle a pinch of salt and pepper over the avocado slices.
4. Place the sardines on top of the avocado slices.
5. Sprinkle some sesame seeds on top of the sardines.
6. Enjoy!

