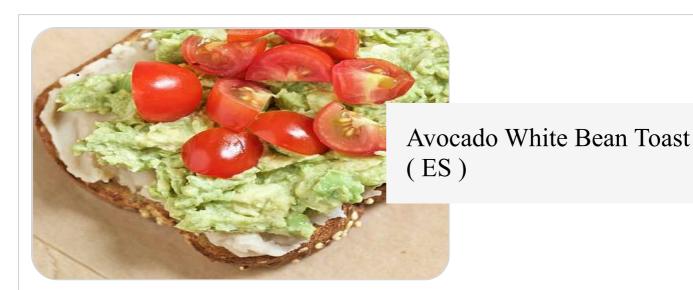


C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

Ingredients

- Serves 1
- White beans 2 tbsp
- Avocado 1/4
- cherry tomato 2 OR 2 -3 tomatoes sliced
- Multigrain bread -1 slice
- · salt to taste

Preparation Method

- Boil and mash white beans
- add salt to it
- grate or mash avocado
- toast the bread
- spread a layer of mashed white beans followed by a layer of mashed avocado on the toast .
- dress it with tomatoes and sprinkle salt