



Avocado White Bean Toast (ES)

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