**Tomato Sandwich from Exhale Miami**

What's delicious, satisfying and easy-to whip-up for lunch at the office? Open-Faced Avocado Toast (it's one of our favorites)! Rich in fiber and protein, this simple and clean recipe is the perfect guilt-free lunch...that'll have all your colleagues asking for their slice of the goodness!

Ingredients:

2 slices of Food for Life's Ezekial Bread (available at your local health food store)

½ avocado

1 teaspoon hot pepper flakes

1 ripe Roma tomato

Salt and pepper (to taste)

Directions:

* Place two piece of Ezekial bread in the toaster and toast
* Scoop the avocado out and into a bowl. Add hot pepper flakes and mash (to your liking)
* Cut 2-4 slices of the tomato
* When bread is toasted, scoop the avocado mix onto each slice and spread.
* Place a slice (or two) of tomato on top of each
* Salt and pepper to taste and enjoy!