

SPICY MANGO AVOCADO TOAST

Spicy Mango Avocado Toast

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving= 1 mango avocado toast)

Nutrition (per serving)

Total Fat: 7 g	Calories: 189
Saturated Fat: 1 g	Total Sugars: 9 g
Sodium: 113 mg	Protein: 5 g
Total Carbohydrate: 29	
Dietary Fiber: 7 g	

Ingredients

- 4 slices whole grain toast (choose gluten free bread for GF version)
- 1 medium avocado, peeled, pitted and mashed
- 1/8 teaspoon salt
- 2 mangoes, peeled, pitted and sliced thin or shaved into thin strips
- 4 lime wedges (1 lime)
- 1/8 teaspoon ground cayenne pepper
- 4 teaspoons chopped mint leaves (optional)

Directions

1. Spread 3 Tablespoons avocado on toast, sprinkle with pinch of salt.
2. Place 3-4 Tablespoons mango on top and squeeze juice from one lime wedge.
3. Sprinkle with pinch of cayenne and top with 1 teaspoon chopped mint leaves if desired.