

# SUMMER AVOCADO TOAST

*Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian*

Serves: 1

## Nutrition (per serving)

Calories: 181	Total Carbohydrate: 24
Total Fat: 8 g	Dietary Fiber: 5 g
Saturated Fat: 1 g	Total Sugars: 3 g
Sodium: 138 mg	Protein: 5 g

## Ingredients

- 1 slice whole wheat bread, toasted
- 1/4 avocado, seeded, peeled and mashed or sliced
- 2 cherry tomatoes, sliced
- *Optional: Pinch ground black pepper*
- *Optional: Pinch teaspoon garlic salt*

## Directions

1. Spread mashed avocado onto toast.
2. Top with tomato slices.
3. Sprinkle with garlic salt and pepper if desired.