

Avocado Toast With Broccoli Sprouts

This makes a delicious open-faced sandwich to be enjoyed any time. All you need is some avocado or guacamole, sprouts and a slice of bread.

Categories

Gluten-free

Yields: 1 serving

Preparation time: 5 mins

Cooking time: 0 mins

Category: Breakfast

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Partly raw



Ingredients

Little Northern Bakehouse, Sprouted Honey Oat, Gluten Free	1 slices
Broccoli sprouts	1 x 1/2 cup
Avocado, black skin (hass)	0.5 each
Onion, white, yellow or red, raw	1 tablespoon
Tomato raw (includes cherry, grape, roma)	2 cherry
Lime juice, fresh	1 teaspoon
Salt, sea salt	1 dash
Coriander leaf, fresh	1 tablespoon

Instructions

1. Mash half of a ripe avocado and add lime juice, diced onion, dices tomato, diced coriander, and salt. Mix until all ingredients are well combined.
2. Toast a piece of gluten free bread.
3. Top toasted bread with avocado mash and add fresh broccoli sprouts.

So easy. Enjoy.

Note: the nutrients in the broccoli sprouts, at this point, are likely lacking if they are coming from the USDA branded food item database. We have it on our agenda to add this item to the VF food data base with a more inclusive nutrient profile. Rest assured broccoli sprouts are a super food including many disease fighting phytonutrients.