

Avocado, Feta & Pomegranate Toast

Ingredients

- ✓ 2 slices wholemeal bread
- ✓ 1 avocado
- ✓ 1/4 cup (50g) feta cheese, crumbled
- ✓ 1/4 pomegranate, seeds
- ✓ mint leaves, to garnish



Procedure

1. Toast the bread to your liking. Remove the avocado flesh and mash it up with a fork, season with salt and pepper.
2. Divide the avocado between the 2 slices of toasted bread. Crumble the feta cheese on top and sprinkle with pomegranate seeds. Garnish with mint leaves and serve.

Serves 2

Preparation/Cook Time and Macros Breakdown

Prep	Cook	Calories	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	322	21	27	9