



Avocado Sprout Toast

Ingredients:

- 1 (1-oz) slice of whole grain bread, toasted
- ¼ ripe avocado, sliced
- Dash of kosher salt
- Dash of black pepper
- ¼ cup alfalfa sprouts
- 2 teaspoons sunflower seeds
- ½ teaspoon fresh lemon juice



Instructions

Top bread with avocado; lightly mash. Top with remaining ingredients.

Enjoy!