

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)

Calories: 189

Total Fat: 7 g

Saturated Fat: 1 g

Sodium: 113 mg

Total Carbohydrate: 29 g

Dietary Fiber: 7 g

Total Sugars: 9 g

Protein: 5 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)



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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.