

ENERGY BOOSTING Toast TOPPERS

INGREDIENTS

BASE

mashed avocado, part-skim ricotta cheese, hummus
nut butter (almond, peanut, cashew, sunflower)
low-fat cottage cheese, reduced fat cream cheese
salsa

TOPPINGS

banana, sliced bell peppers, cucumber
egg (over easy, poached, sliced hard boiled, scrambled)
sliced apples, pears or stone fruit
smoked salmon, dried fruit, celery

SUGGESTED COMBINATIONS

SMOKED SALMON

reduced fat cream cheese
smoked salmon
cucumbers & chives

AVOCADO TOAST

mashed avocado
salt & pepper
red pepper flakes

RICOTTA N PEAR

part-skim ricotta cheese
sliced pear
cinnamon

VEGGIES N HUMMUS

hummus
sliced bell peppers
over-easy egg

PB N J

peanut butter
raspberries
chia seeds

AVOCADO N TOMATO

mashed avocado
diced tomatoes
chopped basil

BEET N AVOCADO

mashed avocado
sliced beets
goat cheese

CHOCOLATE PB BANANA

peanut butter
sliced banana
cacao nibs

EGGS N SALSA

salsa
sliced bell peppers
scrambled eggs

BERRY BASIL

reduced fat cream cheese
mixed berries
basil

ANTS ON A LOG

nut butter
celery
raisins

TROPICAL

low-fat cottage cheese
sliced pineapple
coconut

APPLE CINNAMON

almond butter
sliced apple
cinnamon