

Avocado and Cottage Cheese Toast

Instructions

1. First, toast the piece of bread in a toaster or broiler to your preference.
2. While warm, take a scoop of cottage cheese and spread it on the toast.
3. Slice the avocado into thin strips and lay them on top of the cottage cheese.
4. Sprinkle pumpkin seeds and red chili pepper flakes on top of the toast.
5. Drizzle with extra virgin olive oil and sprinkle a pinch of salt on top to taste. Enjoy!

Ingredients

- 1 piece of toast (preferably sourdough or whole wheat bread)
- ½ cup of cottage cheese
- 1 tbsp of pumpkin seeds (also known as pepitas)
- ½ tsp of red chili pepper flakes
- 1 tsp of extra virgin olive oil
- Salt to taste

Grocery List

Produce

- Avocado

Dairy

- Cottage cheese

Canned Goods/Grocery

- Bread
- Pumpkin seeds (pepitas)
- Red chili pepper flakes
- Extra virgin olive oil
- Salt