

# Hummus Toast with Avocado

1 SERVING 10 MINUTES



## INGREDIENTS

2 slices Rye Bread (toasted)  
1/2 cup Hummus  
1/2 Avocado (sliced or mashed)  
2 tbsps Sunflower Seeds  
Sea Salt & Black Pepper (to taste)

## DIRECTIONS

01 Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	675	Carbs	55g
Fat	46g	Protein	19g