



Avocado Sprout Toast

INGREDIENTS

2 to 4 slices of bread

1 small clove garlic

2 large ripe avocados

Fresh lemon juice or white wine vinegar, as needed

Fine-grained sea salt and freshly ground black pepper

2 tsp. (10 ml) shimichi togarashi (hot Japanese spice mix) or crushed red pepper flakes

A few handfuls of **Eatmore Sprouts Sunflower Greens** or **Mixed Bean Sprouts**

Extra virgin olive oil for drizzling

Eatmore Sprouts & Greens can be found in the produce section of your local grocery store or at www.eatmoresprouts.com

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INSTRUCTIONS

Heat a cast-iron griddle pan over medium-high heat. Grill the bread on each side until well marked, about 3 minutes per side, depending on pan (or you can toast the bread). Slice the garlic in half and rub a cut side on each slice of bread.

Cut one avocado in half. Remove stone and scoop the flesh from one half into a bowl. Season generously with lemon juice and a good pinch of salt and pepper. Mash the avocado coarsely with back of a spoon, then check for seasoning.

Slice or scoop the remaining flesh from the first avocado, then cut, seed and slice or scoop the flesh from the second. Spread the mashed avocado on the toasts and arrange the slices on the top. Shower with salt and togarashi and garnish with sprouts, a few more drops of lemon juice and olive oil.

*From Seven Spoons
(Appetite/Random House) by Tara O'Brady.*

