



## Avocado Almond Butter Toast

### Ingredients

1 loaf of Ezekiel bread or gluten free English muffins  
4 avocados  
1 jar of almond butter  
6 bananas  
3 mangos  
1 bunch of sprouts or cilantro  
salt to taste  
red pepper flakes to taste

### Directions

1. Toast the bread
2. While toasting, slice the skinned avocado thinly
3. Spread some almond butter on the still warm bread, so the butter melts somehow.
4. Placed sliced avocado on the top.
5. Add a few sliced bananas and mangos, and top with sprouts or cilantro.
6. Sprinkle with some salt and pepper flakes to taste.

Makes 12 servings