

SPAR 

BETTER CHOICES kids

FREE RECIPE
TO TAKE HOME



Avocado & Salmon On toast

**SERVES: 1****PREPARATION TIME:** 5 minutes**INGREDIENTS:**

- 2 Slices whole wheat bread
- 1 Ripe avocado
- 1 Slice smoked salmon
- 1 Teaspoon (fresh cut) chives
- Pepper and salt to taste

METHOD:

1. Mash up the avocado and add in the mashed garlic and chopped chives
2. Spread the avocado on a slice of toasted bread and add some pepper and/or salt to taste
3. Finally, cut the slice of salmon in two and place one piece on top of the avocado on both slices of toast

TIP!

Did you know that Avocado can help you feel less tired?

**ENJOY!**