



Cucumber Hummus Avocado Toast

Shine 365
Marshfield Clinic

PREP TIME: 5 minutes • COOK TIME: 2 minutes • SERVINGS: 1

INGREDIENTS

- 1 slice of multigrain bread
- ½ medium avocado
- ¼ cup of your favorite hummus
- 5-6 cucumber slices
- Freshly ground black pepper

INSTRUCTIONS

Toast the bread as dark as you like. Scoop the avocado onto the toast. Mash and spread it with a fork. Spread the hummus over the avocado, then lay the cucumbers on top. Finish with a light sprinkle of freshly ground black pepper.

NUTRITION INFORMATION

Each serving contains about 277 calories; 30 g carbs; 8.25 g fat; 8 g protein; 254 g sodium; 4 g sugar.