



INGREDIENTS

- 6 Cups Avocados
- 12 Slices Sourdough Bread (enriched or whole grain rich; at least 28 grams each)
- 6 Cloves Garlic (optional; cut in half with skin on)
- Salt and Pepper (to taste)
- Extra Virgin Olive Oil (to drizzle)

DIRECTIONS

1. Cut the avocados in half and remove the pits.
2. Scoop out the avocado flesh with a spoon and add it to a medium bowl. Use a fork to mash, leaving some small chunks.
3. Toast the bread to your liking.
4. While the toast is still hot, lightly rub the surface with the cut side of the fresh garlic clove (optional).
5. Divide the mashed avocado equally over the sourdough slices, sprinkle with salt and pepper and drizzle with olive oil.
6. Serve immediately.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

 Breakfast

YIELD

12 Toasts

PORTION SIZES

Toddler: ½ Toast
Preschool: 1 Toast
School Age: 1 Toast
Adult: 2 Toasts