



Upgrade your avocado toast with Muuna cottage cheese! This Italian twist on avocado toast features lowfat, high-protein plain Muuna cottage cheese instead of the mozzarella usually found in a caprese salad. If you like this recipe, be sure to check out our Strawberry Mint Avo-Cottage Toast, Mango Arugula Avo-Cottage Toast, and Lox & Capers Avo-Cottage Toast recipes.

## INGREDIENTS

- 1 slice Crusty whole wheat bread, toasted
- 1/3 Fresh avocado
- 2-3 Tbsp. Lowfat plain Muuna cottage cheese
- 1-2 sprigs, Fresh basil, chopped
- 1/2 Tomato, sliced
- 1 tsp. Extra virgin olive oil
- Black pepper to taste

## INSTRUCTIONS

- 1) Scoop the avocado onto the bread, mash with a fork, and top with cottage cheese.
- 2) Garnish with chopped basil, sliced tomato, and a drizzle of olive oil, and a sprinkle of black pepper.

