



PREP TIME 5 mins	COOK TIME 0 mins	TOTAL TIME 5 mins
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We're upgrading avocado toast by adding protein-packed lowfat plain Muuna cottage cheese! The sweet sliced strawberries and fresh mint combined with the creamy avocado and cottage make for a perfect summer snack. If you like this recipe, be sure to check out our Mango Arugula Avo-Cottage Toast, Caprese 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 tsp. Fresh mint, chopped
- 2 Fresh strawberries, sliced

INSTRUCTIONS

- 1) Lay the sliced avocado on top of the bread and top with cottage cheese.
- 2) Garnish with mint and sliced strawberries.

