



We're upgrading avocado toast by adding protein-packed, lowfat plain Muuna cottage cheese! The classic bagel, cream cheese, and lox was begging to be combined with avocado toast, and we are just the ones to do it! By replacing the bagel with a slice of whole grain toast and replacing cream cheese with creamy cottage cheese, you'll love this snack that is both flavorful and satisfying! If you like this recipe, be sure to check out our Strawberry Mint Avo-Cottage Toast, Mango Arugula Avo-Cottage Toast, and Caprese Avo-Cottage Toast.

## **INGREDIENTS**

- 1 slice Crusty whole wheat bread, toasted
- 1/3 Fresh avocado, sliced
- 2-3 Tbsp. Lowfat plain Muuna cottage cheese
- 1-2 sprigs, Fresh basil, chopped
- 2-3 slices Lox
- 1-2 sprigs Fresh dill, chopped
- 1 tsp. Capers
- 1/2 tsp. Everything spice

## **INSTRUCTIONS**

- 1) Add sliced avocado to the bread and top with cottage cheese.
- 2) Garnish with sliced lox, dill, capers, and a sprinkle of everything spice.

