



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! Sweet mango and savory arugula combine atop creamy avocado and cottage for an extra special snack. If you like this recipe, be sure to check out our Strawberry Mint 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
- 1/2 Fresh mango, sliced
- 1/4 cup Fresh baby arugula
- 1 tsp. Toasted pumpkin seeds

INSTRUCTIONS

- 1) Scoop the avocado onto the bread, mash with a fork, and top with cottage cheese.
- 2) Garnish with sliced mango, arugula, and pumpkin seeds.

