

## Cucumber Avocado Toast

submitted by elm333



Per serving: 249 Calories • 24.8g Carbs (9g Fiber) • 15.9g Fat • 6.3g Protein

### Ingredients

*Ingredients scaled to: 1 serving*

- 1 slice **Whole-wheat bread** (28 grams)
- 1/2 fruit **Avocados** (101 grams)
- 1 tsp **Lemon juice** (5.1 grams)
- 5 leaf, whole **Basil** (2.5 grams)
- 1 dash **Pepper** (0.10 grams)
- 1 dash **Salt** (0.40 grams)
- 1 cup slices **Cucumber** (104 grams)

### Directions

*Directions are based on the original recipe of 1 serving*

1. Toast bread to your preference.
2. Mash avocado with lemon juice. Spread on toast, followed by basil leaves and slices of cucumber. Add a dash of salt and pepper. Enjoy!