



## VEGAN RYE AVOCADO TOAST



1 SLICE VEGGIE-RYE BREAD, LIGHTLY TOASTED

1/2 AVOCADO

1 TABLESPOON NUTRITIONAL YEAST

OPTIONAL:

SALT AND PEPPER TO TASTE

RED PEPPER FLAKES

TOP LIGHTLY TOASTED DELBA VEGGIE-RYE BREAD WITH 1/2 OF A RIPE AVOCADO. SPRINKLE 1 TBSP. OF NUTRITIONAL YEAST AND ENJOY!

SERVES ONE.

ALSO TRY ANY OF THE FOLLOWING COMBINATIONS:

COTTAGE CHEESE & CUCUMBERS

ROAST BEEF, HORSERADISH, & PICKLES

MILD CHEDDAR & HOT PEPPER JAM

HUMMUS & RADISHES

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