

Avocado Bruschetta

Serves: 4

Prep: 20 mins

Cooking: 10 mins

Ingredients

- 8 slices sourdough
- 2 ripe avocado – peeled destined & diced
- 2ripe vine tomatoes – deseeded & diced
- Good extra virgin olive oil
- Freshly ground black pepper & course sea salt
- 1 garlic cloves
- Tbsp sliced basil leaves

MJ Nutrition

Exchanges per serve




 1.0 2.5 2.0

Nutrients per serve

1159kJ (277cals), 4.9g Protein
 21.1g Fat, 4.3g Saturated Fat,
 15g Carbs, 2.7g Sugars, 3.6g Fibre,
 167mg Sodium

Method

1. Lightly mix the tomato, basil & avocado – season with salt & pepper & a few drop of olive oil.
2. Grill or toast the bread. Rub one side of each slice of bread with a piece of garlic.
3. Drizzle each slice of bread with a little olive oil and top with a large spoonful of the avocado/ tomatoes mix.
4. Serve immediately.



Source: Alan Brown at 'Nutrient Rich Fitness'

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