

Recipe

Breakfast: Veggie-packed avocado toast (Swap for salmon avocado toast)

Makes 1 serving | Prep: 4 minutes | Cook: 2 minutes



Ingredients

- 1 slice whole-wheat bread
- 2 Tbsp hummus
- 2 Tbsp avocado, mashed
- 4-5 slices cucumber
- 1 cup spinach, loosely packed
- 2 Tbsp sunflower seeds
- Small apple

Preparation

Toast bread and top with hummus, avocado, cucumber and spinach. Serve with a side of sunflower seeds and 1 small apple.

L Veggie boost: Add more spinach.

Energy boost: Serve the apple with 1 Tbsp of peanut butter.

Nutrition information per serving



Calories: 420 | Total fat: 22 g | Saturated fat: 3 g | Sodium: 289 mg | Cholesterol: 0 mg
Total carbs: 46 g | Fiber: 14 g | Sugars: 15 g | Protein: 14 g | Potassium: 792 mg

Teladoc
HEALTH