

Hummus Toast with Avocado

5 ingredients · 10 minutes · 1 serving



Directions

1. Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

Notes

No Sunflower Seeds

Use hemp seeds, sesame seeds or pumpkin seeds instead.

Make Your Own Bread

See our Grain-Free Flax Bread recipe.

Ingredients

- 2 slices** Rye Bread (toasted)
- 1/2 cup** Hummus
- 1/2** Avocado (sliced or mashed)
- 2 tbsps** Sunflower Seeds
- Sea Salt & Black Pepper (to taste)