



START EATING CLEAN.

# Two Ways to Toast!

EASY TO PREPARE. ENERGY BOOSTING. HIGH IN PROTEIN.

# Ezekiel Bread Avocado Toast

1 Serving, 238 calories

- 1) Toast one slice of Ezekiel 4:9 sprouted 100% whole grain bread
- 2) Top the toast with 1/4 mashed avocado
- 3) Top the avocado with a sliced hard boiled egg

\*Quick Tip: some spice toppings you can use are salt & pepper, chili flakes, or nutritional yeast. Get Creative!



# Sweet Potato Toast

1 Serving, 152 Calories

- 1) Use a cooked slice of sweet potato as your "toast"
- 2) Top the sweet potato with 1 tbsp of almond butter
- 3) Top the almond butter with 3-4 banana slices
- 4) Use cinnamon and honey to taste!

\*Quick Tip: Purchase Sweet PotaTOASTS on Amazon to save time on slicing & baking your sweet potato toast.

Sweet potato toast is super versatile and can be topped with almost anything! Try topping it with some avocado and egg!