

# RECIPE

## BEANS & AVOCADO ON TOAST



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# INGREDIENTS:

- 2 slices high fibre bread/High Fibre Multi Seeded Rolls (more than 7g fibre per serving)
- ½ avocado
- Pinch of lemon juice
- Fresh black pepper to taste
- ½ cup tinned smashed butter beans or baked beans in tomato sauce

# INSTRUCTIONS:

1. Toast bread.
2. Smash avocado, add lemon juice and black pepper if preferred.
3. Add to toast.
4. Top with beans.
5. Optional to serve with coriander/rocket and fat free cottage cheese.

## Dietitian notes:

### Pulses

Including legumes such as butter beans, baked beans, chickpeas and lentils can help to lower cholesterol levels and therefore lower your risk of heart disease.



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