

AVOCADO TOAST

Updated by Larry L Reutzel 12/27/2023

SANDWICH

- 2 slices** **Food for Life Ezekiel Cinnamon Raisin Bread (SPROUTED)**
Slightly Toasted or Warmed (e.g. microwave 30 seconds)
- mini cup** **Mild Guacamole**
- 2 dates** **1 per bread slice (each date sliced)**

BONUS FOODS

Celery sticks **dipped in Tahini sauce**

Tangerine

Organic Sauerkraut

awesome source of

gut probiotics + Vitamin C for gums

+ Potassium + Magnesium + more