

COTTAGE CHEESE TOAST

Prep Time: 3 min

Total Time: 5 min

Servings: 1

Ingredients

2 PIECES WHOLE WHEAT BREAD

1/2 CUP GRAPE TOMATOES

1 AVOCADO

1 TSP SALT

1 TSP BLACK PEPPER

5.3OZ CONTAINER CLASSIC COTTAGE CHEESE

Directions

TOAST BREAD IN TOASTER.

SLICE TOMATOES INTO QUARTERS.

HALVE AVOCADO AND SCOOP INTO BOWL WITH A SPOON.

USE A FORK TO MASH ACOVADO, ADD SALT AND PEPPER.

SPREAD AVOCADO ONTO BOTH PIECES OF TOAST.

SPREAD COTTAGE CHEESE OVER AVOCADO.

PLACE TOMATOES ON TOP.

ADD SALT & PEPPER TO TASTE. (OPTIONAL)

ENJOY!