

Avocado Toast with Chickpeas & Tomatoes

7 ingredients · 10 minutes · 2 servings



Directions

1. Combine the avocado, yogurt, salt, and pepper to taste in a bowl and mash with a fork until smooth.
2. Evenly spread the avocado and yogurt mash over the toast. Top with chickpeas, cherry tomatoes, and hemp seeds. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to two slices of toast with toppings.

More Flavor

Add garlic powder to the avocado and yogurt mash.

Additional Toppings

Fresh parsley.

No Gluten-Free Bread

Use sourdough bread instead.

Ingredients

- 1/2 Avocado (large, peeled, and diced)
- 1/4 cup Plain Greek Yogurt
- Sea Salt & Black Pepper (to taste)
- 4 slices Gluten-Free Bread (toasted)
- 1 cup Chickpeas (drained, rinsed)
- 1 cup Cherry Tomatoes (halved)
- 2 tbsps Hemp Seeds

