

SPIRUCADO TOAST



INGREDIENTS:

1 SLICE WHOLE GRAIN TOAST

1 HASS AVOCADO

1 SQUARE SPIRULINA

1 PINCH SEA SALT

OPTIONAL: JUICED LEMON WEDGE

INSTRUCTIONS:

PUT ALL INGREDIENTS IN A MIXING BOWL AND WAIT UNTIL SPIRULINA HAS THAWED. MIX AND SPREAD ON TOAST. TOP WITH SEA SALT.