



Manna or Ezekiel Avocado Tahini Toast

Breakfast

Ingredients (Serves 1)

- 1-2 slices Manna or Ezekiel bread
- 2 grape tomatoes, sliced
- 1/2 avocado, sliced
- 1 Tbsp. tahini

Prep Instructions

1. Toast bread slices.
2. Top with remaining ingredients as desired.



MOUNTAIN TREK
Fitness Retreat & Health Spa