

# Chocolate Avocado, Strawberry, Banana Toast

Serving Size: 1 each

Makes: 4 servings

## Ingredients:

4 oz	Avocado, diced
3 TBSP	Maple Syrup
3 TBSP	Cocoa Powder
¼ tsp	Pure Vanilla Extract
1/8 tsp	Salt
3 TBSP	Plain Soy Milk
1 cup	Banana, sliced
½ TBSP	Lemon Juice
4 slices	Multigrain Bread
1 cup	Strawberries, sliced

## NUTRITION FACTS PER SERVING

calories	200
total fat (g)	4
saturated fat (g)	1
trans fat (g)	0
sodium (mg)	230
total carbohydrate (g)	39
dietary fiber (g)	5
sugar (g)	14
protein (g)	5



## Preparation:

1. In a blender, combine avocado, maple syrup, cocoa powder, vanilla, salt and plain soy milk. Blend until very smooth. Chill mixture.
2. Toss sliced banana with lemon juice. Do this just prior to serving to avoid browning.
3. Toast multigrain bread.
4. Top EACH slice of bread with:
  - 2 TBSP chocolate avocado dip
  - 1/4 cup sliced banana
  - 1/4 cup strawberries

Chef Note: Any milk or plant-based milk can be used in place of soy milk.

RD TIP: look for the word "whole" in the ingredient list of your bread to ensure you're getting whole grains



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