

Crackers & Avocado

3 ingredients · 10 minutes · 2 servings



Directions

1. Mash the avocado onto the crackers and sprinkle with salt and pepper to taste. Enjoy!

Notes

Make it Paleo

Use grain-free flax crackers instead.

More Protein

Top with hemp seeds, sliced hard boiled egg, or smoked salmon.

Ingredients

100 grams Whole Grain Crackers

1/2 Avocado

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	321	Vitamin D	0IU
Fat	18g	Vitamin E	2mg
Carbs	38g	Vitamin K	29µg
Fiber	5g	Thiamine	0.3mg
Sugar	6g	Riboflavin	0.2mg
Protein	5g	Niacin	3mg
Cholesterol	0mg	Vitamin B6	0.2mg
Sodium	445mg	Folate	92µg
Potassium	329mg	Vitamin B12	0µg
Vitamin A	76IU	Phosphorous	172mg
Vitamin C	5mg	Magnesium	29mg
Calcium	13mg	Zinc	1mg
Iron	2mg	Selenium	13µg

