



High in antioxidants • plant based • supports the immune system • Promotes cellular renewal • Natural source of protein, fibre & iron

Eat straight away

1 serving

5 mins

# SMASHED AVO ON TOAST

*with Complete Greens*

## INGREDIENTS

-  **x2** slices of sourdough bread
-  **x1** ripe avocado
-  **2 tsp** Complete Greens
-  **x1** lime juice
-  **Pinch** of chilli flakes

## METHOD

1. Toast the break and mash the avocado in a bowl with Complete Greens, a pinch of salt, a squeeze of lime juice and chilli flakes for taste.
2. When the bread is toasted, butter or drizzle with a little oil (optional) then spread the avo smash on top and garnish with some coriander.
3. Enjoy!



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