



Avocado Bites

Lunch or dinner option

2 servings

Ingredients

80 g pine nuts- slightly roasted if prefer OR sesame/ pumpkin/
sunflower seeds
1 avocado sliced
2 -4 Oat crackers
2 Handful baby spinach
3-4 asparagus chopped slightly sauté on coconut oil

Directions

Spread some spinach, asparagus and avocado on crackers.

Sprinkle the pine nuts and enjoy !

Ideally to accompany this with a fruit and vegetable smoothie or soup.

Variation:

- 1. You can replaced the oat crackers for my almond and seeds crackers or any other GF non processed choice*
- 2. For dinner you can accompany it with vegetable soup too.*