



## Raspberry and Blue Cheese Avocados Toast



**Prep Time:** 15 minutes



**Total Time:** 20 minutes



**Servings:** 4

### Ingredients:

- ❁ 1 Avocado From Mexico, mashed
- ❁ 1 tsp lemon juice
- ❁ 4 slices of wheat bread
- ❁ 1 cup of raspberries, sliced
- ❁ 2 TB blue cheese, crumbled
- ❁ 1 TB poppy seeds

### Instructions:

- ❁ Toast bread and set on a cooling rack to cool
- ❁ Place avocado and lime juice in a bowl and mash with a fork
- ❁ Spread mashed avocado on toast
- ❁ Top with sliced raspberries
- ❁ Sprinkle with blue cheese crumbles and poppy seeds. Serve immediately.