



Avocados Toast with Pomegranate, Mint and Walnuts



Prep Time: 15 minutes



Total Time: 20 minutes



Servings: 4

Ingredients:

- ❄️ 1 Avocado From Mexico, mashed
- ❄️ 4 slices of whole grain bread
- ❄️ 1 cup of pomegranate arils (from 1 pomegranate)
- ❄️ 1 TBS fresh mint, chopped
- ❄️ 2 tsp lime juice, divided
- ❄️ 2 TBS walnuts, chopped coarsely

Instructions:

- ❄️ In a medium bowl, combine pomegranate arils, mint, and lime juice.
- ❄️ Place avocado and lime juice in a separate bowl and mash with a fork
- ❄️ Toast bread.
- ❄️ Spread mashed avocado on toast. Top with pomegranate mixture and sprinkle with walnuts. Serve immediately.