

AVOCADO TOAST WITH POMEGRANATE, MINT AND GOAT CHEESE

Create fun holiday
shapes with the
enclosed cookie cutter!



Avocados From  **Mexico** TM

◆◆◆ ALWAYS IN SEASON ◆◆◆

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Avocados From Mexico are certified by the American Heart Association®. Certification does not apply to serving suggestions or recipes.

While many factors affect heart disease, eating avocados as part of a diet low in saturated fat and cholesterol may reduce the risk.

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PREP TIME: 15 MINUTES | TOTAL TIME: 20 MINUTES | SERVINGS: 4

INGREDIENTS

- 1** Avocados From Mexico avocado, sliced
- 4** slices of whole grain bread
- 1** cup pomegranate arils (from 1 pomegranate)
- 1** TB fresh mint, chopped
- 2** tsp lime juice, divided
- 2** TB goat cheese, crumbled
- 2** TB pistachios, chopped coarsely

INSTRUCTIONS

1. In a medium bowl, combine pomegranate arils, mint, and lime juice.
2. Place avocado and lime juice in a separate bowl. Mash with a fork.
3. Toast bread.
4. Spread mashed avocado on toast. Top with pomegranate mixture and sprinkle with goat cheese and pistachios. Serve immediately.

Nutrition Fact (per serving): Calories: 190, Total Fat: 8g (Sat. Fat: 1.5g, Trans Fat: 0g) Cholesterol: 5mg, Sodium: 120mg, Total Carbohydrate: 26g, Dietary Fiber: 3g, Sugar: 3g, Protein 6g

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