

VEGAN TOASTS

5 delicious variations!

KICKSTART

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HEALTHIER
YOU!

JAN 12

Here are 5 toast variations that are all vegan and delicious! Which is your favorite?



AB&J

toast
almond butter
jelly
flaked coconut

Spread almond butter and jelly on the toast. Sprinkle with flaked coconut.

CLASSIC AVOCADO

toast
avocado, mashed
red onion, sliced
chopped cherry tomatoes
sprinkle of salt

Spread mashed avocado on the toast. Sprinkle with salt and top with red onion and cherry tomatoes.

PB BANANA CHOCOLATE

toast
peanut butter
banana
chocolate chips, dairy free for vegan
cinnamon

Spread peanut butter on toast. Top with sliced bananas and chocolate chips. Sprinkle with cinnamon.

MEDITERRANEAN FLARE

toast
garlic clove
hummus
parsley
pine nuts
fresh lemon juice

Rub garlic clove on toast. Spread hummus on top. Sprinkle with parsley, pine nuts and a squeeze of lemon juice as desired.

MANGO AVOCADO

toast
cubed avocado
cubed mango
fresh lime juice
chopped cilantro
salt

Mix avocado and mango together. Toss lightly with remaining ingredients and top on the toast.



mind over munch

[YouTube.com/mindovermunch](https://www.youtube.com/mindovermunch)

[Click here to watch the Kickstart series!](#)