

# BEATRIX®

## AVOCADO & JALAPEÑO TOAST

Serving Size: 1

### INGREDIENTS FOR AVOCADO & JALAPEÑO TOAST

- 1 slice thick sprouted wheat bread
- ½ cup Avocado Smash
- ½ jalapeño (thinly sliced)
- Pinch of watermelon radish previously thinly sliced and cut into wedges
- 1 Tablespoon Crispy Quinoa
- Pinch of herbs (cilantro, microgreens, basil)
- Sea salt to taste



### METHOD FOR AVOCADO & JALAPEÑO TOAST

1. Toast bread until deep brown and warm through, then cut edges off to create a rectangle.
2. Scoop smashed avocado onto the center of the toast and then use the back of a spoon to spread evenly from end to end.
3. Place the watermelon radish, jalapeño and crispy quinoa across the smashed avocado.
4. Sprinkle with sea salt and top with herbs, enjoy immediately.

### INGREDIENTS FOR AVOCADO SMASH

- 2 avocados
- Fresh squeeze of lemon
- Pinch of sea salt

*Continue on Next Page*



# BEATRIX<sup>®</sup>

*Continued from Previous Page*

## METHOD FOR AVOCADO SMASH

1. Dice avocados into large hunks.
2. Add diced avocado, lemon juice and sea salt into a bowl.
3. Using a whisk, lightly smash the avocado and incorporate all ingredients. Leave chunks for texture.
4. Enjoy immediately, or store in an air-tight container and refrigerate until ready to use.

## INGREDIENTS FOR CRISPY QUINOA

- 1 cup cooked red quinoa
- Pinch of sea salt
- Pinch of pepper

## METHOD FOR CRISPY QUINOA

1. Place cooked red quinoa in a fine chinois.
2. Deep fry for approximately 30 to 45 seconds, or until crisp.
3. Spread on a paper napkin-lined sheet tray.
4. Season with sea salt & pepper mix.
5. Enjoy immediately, or store at room temperature until ready to use.

