

FUTURELIFE® EGG, HUMMUS & LEMONY AVO SMASH

INGREDIENTS

- 2 slices FUTURELIFE® High Protein Brown Bread
- 1 egg boiled and cooled
- Salt and pepper to taste
- 50 g hummus
- ½ avocado pear
- 3 ml lemon juice



METHOD

1. Spread both slices of bread with hummus.
2. Slice the egg and layer onto the first slice of bread.
3. Season with salt and pepper.
4. In a bowl, chop or mash the avocado pear with the lemon and some salt and pepper. Layer onto the slice of bread.
5. Top with the final slice of bread and serve