

## **Avocado Toast**

Brown rice wrap (you can buy at Trader Joe's) or sweet potato toast (recipe follows)

1 avocado

6 cherry tomatoes, quartered

2 Tbsp Nutritional yeast

1 tsp garlic powder

1 tsp onion powder

1 tsp zaatar (optional)

1 tsp Italian seasoning

Any fresh herbs you like:

Basil

Oregano

Thyme

Lemon Thyme

Mint

Toast the wrap a few minutes until its crispy (be careful because they burn quickly)

Top with sliced avocado and tomatoes then sprinkle the spices.

## **For the Sweet Potato toast**

1 Japanese sweet potato, cut into thin slices lengthwise

Preheat oven to 400

Place the potatoes on a parchment lined baking sheet in a single layer and very lightly Brush with avocado oil

Bake 15 min covered, then uncover them until they are soft enough to eat