



SMOKED SALMON AVOCADO TOAST

INGREDIENTS

ITEM

Low-carb Bread
Smoked Salmon
Avocado
Hemp Seeds
Lemon Juice, fresh dill (Optional)

QUANTITY

1 Slice
4 Oz.
 $\frac{1}{4}$
1 Tbsp.

SERVING SIZE

1

PREPARATION

- ➡ Spread the avocado on toasted bread, and top with salmon
- ➡ Sprinkle with hemp seed and finish with lemon or dill, if desired.