

**AVOCADO & PUMPKIN SEED DUKKAH**

1 portion

INGREDIENTS

- 1 slice of Gluten Free Bread (25 g)
- 1/3 cup, avocados, chopped (53 g)
- 1 Tbsp of pumpkin seeds
- 1/4 cup feta (38 g)
- 1 Tbsp of dukkah (8 g)
- 1 wedge lemon (7 g)
- 1/3 red onion, copped (45 g)

COOKING METHOD

- 1° Toast the bread to liking and place on a plate
- 2° In a separate bowl mix the avocado and onion in a bowl and season with salt and pepper
- 3° Evenly spread the avocado over the toast
- 4° Combine the pumpkin seeds and dukkah in a bowl and sprinkle over the avocado
- 5° Sprinkle the crumbled feta over the top
- 6° Drizzle lemon over the dukkah. Serve

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (184 g)	% DRI
ENERGY	207 kcal	380 kcal	19 %
FAT	14 g	26 g	40 %
FATTY ACIDS, TOTAL SATURATED	4 g	7 g	37 %
CHOLESTEROL	18 mg	33 mg	11 %
SODIUM	318 mg	584 mg	24 %
CARBOHYDRATE	14 g	25 g	8 %
SUGARS	3 g	5 g	—
FIBER	3 g	6 g	25 %
PROTEIN	7 g	13 g	—