



BREAKFAST

# AVOCADO BREAD

WITH COTTAGE CHEESE AND ROCKET

- I.** Spread the breads with cottage cheese. Then remove the skin from the avocado half. To do this, either remove the flesh from the skin with a spoon or use a knife to peel the skin from the fruit.
- II.** Now cut the fresh avocado into thin slices and spread on the bread. Remove the hard stalks from the rocket leaves and also place them on the bread.
- III.** To round off the dish, drizzle a little lemon juice over it and finish with a pinch of herbal salt.

## INGREDIENTS:

2 slices of wholemeal bread  
2tbsp Cottage cheese  
½ Avocado  
rocket or chives  
Some lemon juice  
Herbal salt



Preparation time: 5min.