



## UTENSILS

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- Fork
- Tablespoon
- Bowl
- Plate
- Cutting board

- 1 slice of bread
- 1 ripe avocado
- ½ small onion
- feta cheese
- 6 cherry tomatoes
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- a tablespoon of olive oil
- salt
- black pepper

1. Toast 1 slice of bread in the toaster and place it on a plate.
2. Cut the avocado, cut it in half with a knife, and remove the pit.
3. Cut 25g of feta cheese.
4. Peel and dice the onion.
5. Cut the cherry tomatoes in half.
6. Pour olive oil on a a tablespoon.
7. Add ½ lemon.

1. In a bowl, mash the avocado with a fork.
2. Add the onion, a pinch of salt and black pepper, and a tablespoon of lemon juice.
3. Mix all the ingredients with a tablespoon.
- 4.
5. Add the cherry tomatoes and a pinch of salt.
6. Crumble the feta cheese on top.
7. Add a drizzle of olive oil.



ENJOY YOUR MEAL!

INGREDIENTS PREPARATION UTENSILS STEP-TO-STEP INSTRUCTIONS

Knife slice tablespoon Cut Add Squeeze Mix Peel

Spread the avocado mix on the toast with a tablespoon

25g 1 serving 10 minutes a tablespoon of  
lemon juice

## BREAKFAST: AVOCADO TOAST