



AVOCADO TOAST WITH COTTAGE CHEESE

THIS AVOCADO TOAST RECIPE IS FILLED WITH PROTEIN AND FIBRE, PERFECT FOR BUSY MORNINGS.



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Recovery Tips

Avocado is a source of omega-3 which is linked with reducing inflammation in the body. Inflammation is the body's immune response which is key for survival however when there are high levels of inflammation in the body for long periods of time, it can have a negative impact on health. Having foods that can promote an anti-inflammatory effect is vital when it comes to recovery from injury or surgery. The dish is also high in protein which is vital for the growth and repair of our musculoskeletal system, thus making it the go-to macro nutrient for recovery.

Recipe

Prep Time: 5 minutes
Serving: 4

INGREDIENTS:

- Whole grain bread (8 slices)
- Cottage cheese (2 cups, low fat)
- Avocado (1, ripe, sliced)
- Tomato (1, sliced)
- Salt
- Pepper

METHOD:

Step 1:

Toast the bread. Slice the tomato and avocado

Step 2:

Divide the cottage cheese between the bread slices, then season with pepper and salt.

Step 3:

Place the tomato and avocado slices on top. Again, season with pepper and salt.

Step 4:

Finally, cut the slices in half.

NUTRITIONAL INFORMATION

Calories	440
Fat	11.9 g
Protein	25 g
Carbs	63.5 g
Fibre	13.1 g



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