

AVOCADO & BEAN TOAST WITH BALSAMIC ROASTED TOMATOES (COPY)



This vegan avocado toast with roasted tomatoes is a super easy and delicious breakfast or snack for any time of day. It's rich in healthy fats and fibre, it's creamy, easy to whip up, and is oh so tasty when spread on top of some toasted bread. Although delicious, this meal can often lack protein unless it is topped with egg or cheese, which, as you are aware, if you are vegan you are pretty much out of luck here! So how do you add extra protein into the classic avocado toast? By adding one of my favourite protein hacks – cannellini beans. If you are already part of the avocado toast fan club, I doubt you will need more convincing to try this high protein vegan version. But if you do, here are a few more reasons why this is my go-to vegan avocado toast recipe: Nutrition packed (high in protein and fibre!) Insanely flavourful Uses up store cupboard staples Plant-based Gluten free (if using GF bread) Dairy free Perfect as a meal or a snack Whatever your reasons for trying this recipe.. enjoy!

 10 minutes 30 minutes 4 portions

INGREDIENTS

- 4 tomatoes, halved
- 1 tablespoon of olive oil
- 1 clove of garlic, sliced
- 1 tablespoon of balsamic vinegar
- salt
- pepper
- 400 gram tin of cannellini beans, rinsed, drained
- 2 avocados, flesh chopped
- 3 tablespoons of lemon juice
- 4 tablespoons of parsley, chopped
- 4 tablespoons of basil, chopped
- 1 clove of garlic, chopped
- salt
- pepper
- 4 medium slices of wholemeal bread

COOKING METHOD

- 1° Preheat the oven to 430F/220C/Gas Mark 7.
- 2° Place the tomatoes in a baking dish, cut side up and drizzle with olive oil. Place slices of garlic (from 1 garlic clove) onto the tomatoes and drizzle with the balsamic vinegar. Season with salt and pepper.
- 3° Place the tomatoes in the oven and roast for 15-20 minutes, then remove from the oven and set aside to cool slightly.
- 4° In the meantime, place the cannellini beans, avocado, lemon juice, parsley, basil and remaining garlic clove into a food processor. Season with salt and pepper and blitz until smooth.
- 5° Toast the bread and assemble by dividing the avocado paste equally over the 4 slices of toast. Top each toast with roasted tomato and serve immediately.

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION (260 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 122 kcal | 316 kcal | 16 % |
| FAT | 7 g | 18 g | 28 % |
| FATTY ACIDS, TOTAL SATURATED | 1 g | 4 g | 18 % |
| CHOLESTEROL | 0 mg | 0 mg | 0 % |
| SODIUM | 124 mg | 322 mg | 13 % |
| CARBOHYDRATE | 12 g | 31 g | 10 % |
| SUGARS | 2 g | 5 g | — |
| FIBER | 2 g | 6 g | 23 % |
| PROTEIN | 3 g | 9 g | — |