

ONE BITE

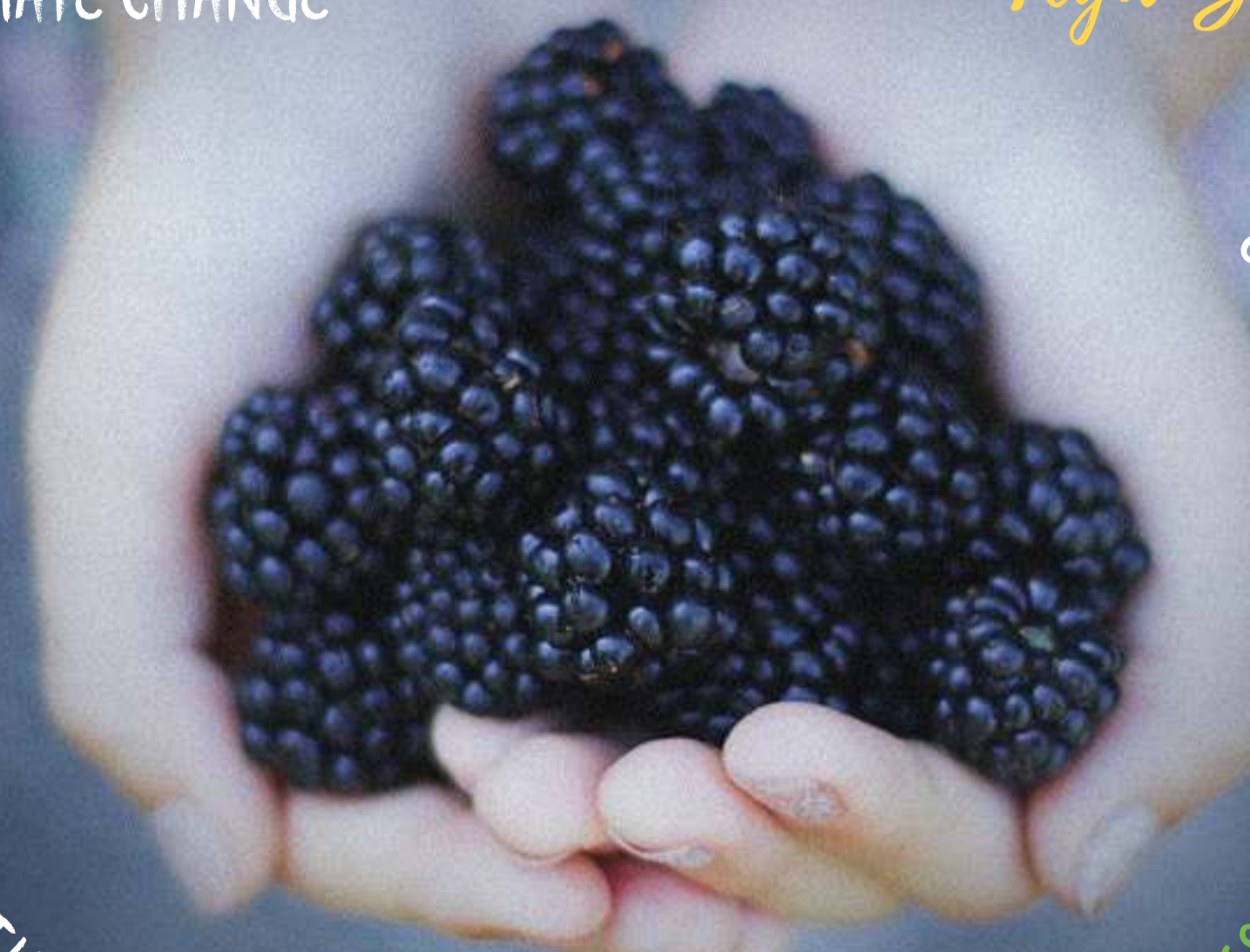
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Vegan Magazine

summer 2019 issue

EATING AWAY
at CLIMATE CHANGE

CLASSIC DISHES
Veganized!



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES



>> 30 MINUTE
Vegan Meals <<

TWO SECRETS
for EATING VEGAN
ANYWHERE

MAMA MIA
VEGAN PREGNANCY

Easy Healthy

AVOCADO BRUSCHETTA

PREP:
5 mins

COOK:
5 mins

TOTAL:
10 mins

YIELD:
2 servings

By Nico Rossetti

Full of fiber and protein, my easy healthy avocado bruschetta is a delicious way to use up stale bread, and makes for a great breakfast, lunch, or supper. If you have time to make toast, you have time to make this; it's super-quick, and you can prepare the toppings while the toast is cooking.

INSTRUCTIONS

1. Toast the bread on both sides - either in a toaster or under the grill (toaster oven) - until it's a medium-dark brown. If it's too lightly-toasted, it won't hold up beneath the toppings.
2. While the bread is toasting, finely chop the tomato and onion, and place into a bowl with 1 tsp olive oil, a few grinds of black pepper, and a smidge of sea salt. Mix together so everything has a light coating.
3. Open up the avocado, remove the pit, scoop out the flesh into a bowl, and gently mash it with a fork.
4. Once the toast has cooked, rub the clove of garlic over each slice. If you have any left over, mince it up, and sprinkle over the toast.
5. Spread half of the avocado over one slice of toast, followed by half of the tomato and onion mixture.
6. Repeat for the second slice.
7. Finish by grinding some more black pepper over the top.
8. Serve immediately.

INGREDIENTS

- 2 slices of thick bread, slightly stale
- 1 large tomato
- 1 small red onion
- Freshly ground black pepper
- Sea salt
- 1 ripe avocado
- 1 tsp extra virgin olive oil
- 1 fat clove garlic

Nico Rossetti



Nico Rossetti is the recipe developer and blogger behind yumsome.com. Her website is full of delicious vegan recipes that are easy to make with readily-available ingredients. Nico's aim is to show her followers that vegan food can be delicious and doesn't have to be complicated to taste great.

Website: www.yumsome.com

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