

Avocado Toast with Cottage Cheese



Looking for a quick, no-cook, egg-free breakfast? This toast topped with avocado and 0% M.F. cottage cheese delivers 11?g of protein along with a generous dose of fibre from the avocado and whole grain bread. This duo helps keep you full longer and supports [stable blood sugar](#) levels throughout the morning. A simple, satisfying option recommended by our dietitians!

Preparation 5 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 300

Fat 18

Carbohydrates 24

Fibre 9

Protein 11

Sodium 420

Ingredients

- 1 slice whole grain bread, toasted
- ½ avocado, sliced
- Lemon juice, to taste (*optional*)
- 60 ml (¼ cup) 0% M.F. cottage cheese

- Pepper and salt, to taste

Preparation

1. Spread the cottage cheese on toast.
2. Top with sliced avocado, lemon juice, drizzle with spicy oil, and season with salt and pepper.

Notes

Best served fresh.



Sophie Idris – Nutritionniste Diététiste à Montréal
Registered Dietitian Nutritionist in Montreal