

GOAT CHEESE Avo-Pear TOAST



PORTION: 1 slice
SERVES: 4

SUPERFOOD

INGREDIENTS

For the Chutney:

1/2 ea Shallots, Peeled

1/2 tsp Olive Oil

2 1/2 tsp Water

1 1/4 tsp Honey

1 1/4 tsp Whole Grain Mustard

2 1/2 tsp, 1 Tbsp Apricots, Slivered

1 1/4 tsp Champagne Vinegar

1/2 ea Avocado

1/2 ea Fresh Bosc Pears

For the Toast:

4 slices Whole Wheat Bread

1/2 cup Fat Free Greek Yogurt

1/4 cup Goat Cheese

12 slices Avocado Sliced

1/2 cup Arugula

1 Tbsp, 1 tsp Roasted Sunflower Seeds,

Unsalted

METHOD

1. Make the Chutney: Mince the shallots. Core, peel and dice the pears. Sweat the shallots and pears in a saucepot with olive oil. Sauté until the shallots are translucent. Add the water, honey, mustard and apricots and reduce heat to low. Simmer the mixture for 20 minutes, or until the water is absorbed and pears and apricots are soft. Remove from heat and stir in the vinegar. Dice the avocado. Once the mixture has cooled gently stir in the avocado.
2. Prep and Assemble the Toast: Toast the bread. Whip the goat cheese and yogurt together. Semi chop the arugula. Spread the cheese mixture across the toast. Arrange the avocado, arugula and Avo Pear Chutney on top of the toast. Sprinkle with sunflower kernels.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
250	13g	3.5g	26g	11g	6g	250mg