Avocado bread

Adapted • Shared by Steve Janowicz



Ingredients

- 1 ripe avocado, peeled and pitted
- 1- 5 oz. container cottage cheese
- 1 egg
- Everything season (optional)

Instructions

1. Combine all
2. Ingredients
3. in a bowl.
4. Transfer the mixture by spoonful to a parchment lined baking sheet.
5. Bake at 400F for 20 minutes.
6. Assemble as a sandwich or any way you see fit. Enjoy!
7. https://www.instagram.com/reel/C7ccJpmJJYs/?igsh=MXI5YjNtOW10aThnbQ==
8. #champions7687cicero #championsfitnesscenter #avocado #avocadobread #avocadosandwich #cottagecheese #cottagecheeserecipes #avocadolove #highproteinbread #recipe #healthyrecipe #recipeshare #recipeoftheweek #lindsaykeosayian
9. Champions Fitness Center
10. Facebook

Notes

Source: Facebook