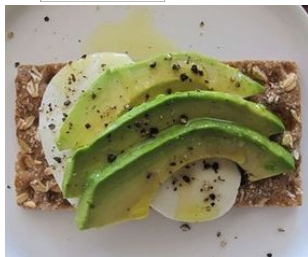


WHY ACT NOW

AVOCADO SQUARES



Ingredients

- 1/2 avocado, sliced
- 2 rye crispbread/cracker
- 2 teaspoons light cream cheese
- Pepper to taste

Directions

Cut avocado into even slices. Spread 1 teaspoon cream cheese onto cracker. Add avocado slices.

Makes 2 servings.

Nutrition Facts

Serving Size 2	
Amount Per Serving	
Calories 254	Calories from Fat 165
% Daily Values*	
Total Fat 17g	26%
Saturated Fat 3g	15%
Trans Fat 0g	
Sodium 107mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 10g	40%
Sugars 1g	
Protein 4g	8%
*Percent Daily Values are based on a 2,000 calorie diet.	

Avocados are loaded with heart-healthy monounsaturated fats and have more potassium than a banana! **Rye crackers** are a great source of fiber.