



## AFRICAN AVOCADO

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

### INGREDIENTS

- 1 avocado
- 1 lemon
- Rafiki
- 20g sunflower seeds
- 20g pepita seeds
- 2 slices of sourdough
- olive oil

### DIRECTIONS

1. Toast the sourdough
2. Cut open the avocados and remove the seed. Using a large spoon, scoop the avocado into a bowl and mash with a fork.
3. Butter the sourdough and spread generously with your avocado.
4. Sprinkle with Rafiki, sunflower and pepita seeds.
5. Finish with a drizzle of lemon juice and olive oil
6. Enjoy (note: if you like spice, add some chilli flakes for a little kick)

