



Avocado Tomato Crisps



Entire recipe: 254 calories, 7.5g total fat (1g sat. fat), 347mg sodium, 39g carbs, 9.5g fiber, 5.5g sugars, 6g protein

Prep: 5 minutes



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Ingredients

- 1.5 oz. (about 3 tbsp.) mashed avocado
 - 2 large crispbread crackers with 80 calories or less each (like [Wasa Multi Grain](#) or Dr. Kracker 100% Whole Wheat)
 - 2 tbsp. bagged sun-dried tomatoes (not packed in oil), chopped
- Seasonings: salt, black pepper, garlic powder*

Directions

In a small bowl, mix avocado with a dash of each of the seasonings.

Evenly spread mixture onto the crackers, and sprinkle with chopped tomatoes. Enjoy!

MAKES 1 SERVING

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