



Push



Toast



Recipes

Smashed Avocado on toast



Follow the instructions to make toast.



Cut

the



avocado

in



half



and

use a



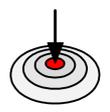
spoon

to



scoop

out the



centre.



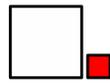
Cut

the



avocado

in to



small

chunks. Keep some



slices

for



decoration.



Mash

the



avocado

in a



bowl

using a



fork.



Add

a



spoonful

of



cream cheese

to the



bowl.

Mix



the



mashed



avocado

and

cream cheese.



Use a



fork

to



spread

the smashed



avocado

onto the



toast.



Add

the



avocado



slices



on

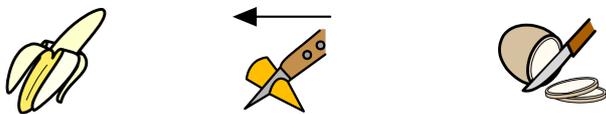


top.

Smashed banana and cinnamon on toast



Follow the instructions to make toast.



Peel the banana then cut it in to slices.



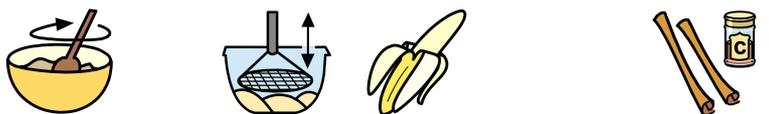
Put most of the banana slices into a bowl. keep some slices for decoration.



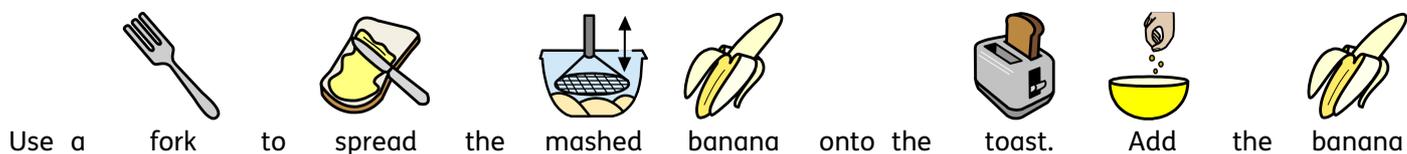
Mash the banana slices in a bowl using a fork.



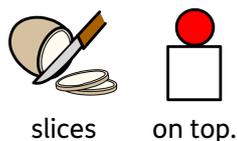
Add a sprinkle of cinnamon to the bowl.



Mix the mashed banana and the cinnamon.



Use a fork to spread the mashed banana onto the toast. Add the banana



slices on top.

Greek yogurt and berries on toast

  
follow the instructions to make toast.

 Cut the strawberries in to slices.  Cut the blueberries in half

 Spread the greek yogurt onto the toast using a knife.

 Put the strawberries and blueberries on top of the greek yogurt.

Cream Cheese and cucumber on toast



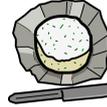
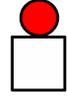
Follow the instructions to make toast.



Cut the cucumber in to thin slices.



Use a knife to spread the cream cheese onto the toast.



Add the slices of cucumber on top of the cream cheese.