

## Cafe Style Avocado on Toast

2 slices of quality wholemeal, wheat free sour dough bread

¼ to ½ avocado

1 tbsp flaxseed oil ( stoney creek )

Squeeze of 1/2 a lemon

Cracked pepper

Celtic sea salt

Toast the bread, while warm, spread with avocado reasonable thick. Squeeze on the lemon and drizzle over the flax oil and then add sea salt and cracked pepper.

Quality healthy bread, my recommendation is a wheat free, wholemeal, sourdough. There are many brands Healthy bake, Ancient grains, Sol breads etc, to find proper sour dough, I recommend a Organic Grocery Store or a special sour dough bakery. There are many sour dough's around that aren't a true sourdough. If commercial bakers yeast is an ingredient, it is not a true sour dough. These breads are flavoursome and you can get light and fluffy or rustic and heavy whatever your preference.

Flaxseed oil is a fabulous source of omega 3, an essential fatty acid the body needs. The best brand is Stoney Creek. Flaxseed oil is susceptible to oxidation when exposed the heat, light and air. It need to be kept refrigerated and in a container that keeps it from light exposure.

Lemon juice stimulate liver detoxification and alkalise the body

Himalayan pink salt contains many minerals such as silica and magnesium rather than just the sodium chloride you get from standard table salt. Table Salt (Sodium Chloride) contributes to chronic health problems such as high blood pressure and fluid retention.