

## Avocado-Mango Smear with Pumpkin Seeds



### INGREDIENTS

- 1 small ripe avocado
- 2 BAYS English Muffins, split and toasted
- Dash of salt
- 4 mango slices
- 2 teaspoons of pumpkin seeds

### DIRECTIONS

1. Smear avocado on muffin halves, and sprinkle with salt
2. Top with mango and pumpkin seeds

