

California Stacker (Avocados)



Makes 35 servings

1 cracker with 1 Tbsp. avocado and 1 tomato per serving

INGREDIENTS

- 3 ripe avocados
- 40 grape or cherry tomatoes
- Whole grain reduced fat crackers

PREPARATION

1. Rinse ingredients.
2. Cut the avocados in half, remove the peel and pit, and place in a bowl.
3. Dice avocado with a knife and mash.
4. Add 1 Tbsp. of avocado on a whole wheat cracker, then stack one tomato on top. Place on a napkin.
5. Serve immediately.

Nutrition information per serving: Calories 54, Carbohydrate 7g, Dietary Fiber 2g, Protein 1g, Total Fat 3g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 50mg



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