



## Tomato Avocado Sandwich

**SERVINGS** 1



**PREP TIME** 10 min

**COOK TIME** 0 min

### DIRECTIONS

1. Mix mashed avocado and garlic salt together in a bowl.
2. Spread it onto the ciabatta bread.
3. Layer tomatoes over avocado.
4. Top with black pepper.

### INGREDIENTS

- ½ avocado - peeled, pitted, and mashed
- 1 teaspoon garlic salt
- 1 slice ciabatta bread
- 3 slices tomato
- 1 pinch ground black pepper to taste

For a pinch of  
*Seabra's*  
flavor...

A quick, easy and filling meal for on-the-go.