

# BATMO BISTRO



## “BATMOCADO”

### INGREDIENTS

- ¼ cup lowfat Greek yogurt
- 1 ripe avocado
- ½ tsp. garlic powder
- Whole wheat or other whole grain bread

### DIRECTIONS

Remove skin and seed/pit from ripe avocado and place in a bowl. Use a fork to mash the avocado into small chunks. Stir in Greek yogurt and garlic powder. Spread onto bread and enjoy!

### TASTY TIPS

- Add fresh basil and thinly-sliced fresh tomato, sweet onion and/or cucumber
- Make it breakfast by adding a pouched, fried or scrambled egg on top

