



# 7 Toppings for Toast

1. Cooked apples topped with yogurt and cinnamon.
2. Smashed red or black beans and salsa, topped with an egg and sliced avocado.
3. Roasted eggplant slices and melted cheese.
4. Chopped cooked turkey sausage with caramelized onions.
5. Mashed butternut squash, sage, and cooked chopped mushrooms.
6. Sliced bananas, peanut butter, and cinnamon.
7. Smashed white beans topped with pickled cucumbers.

## Cooking Tip

Toast your favorite bread and add favorite toppings for a quick snack or simple meal.

Enhance your nutrition by using multigrain or whole wheat breads.

For recipes and nutrition information, visit [capitalareafoodbank.org/recipes](https://capitalareafoodbank.org/recipes)



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