

Toast Bar Nutrition

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Avo-Yumm	Dave's Killer Bread	120	22	2	5	180	5
	Hummus (2 tablespoons)	70	4	5	2	130	0
	1/2 Avocado	117	6	11	1	5	1
	Sea Salt (1/8 teaspoon)	0	0	0	0	220	0
	Crushed Red Pepper	1	0	0	0	0	0
	Lemon Juice	2	0	0	0	0	0
	Totals	310	32	18	8	535	6
Hearty	Dave's Killer Bread	120	22	2	5	180	5
	Coconut Oil (1 tablespoon)	120	0	14	0	0	0
	1/2 Avocado	117	6	11	1	5	1
	Sea Salt (1/8 teaspoon)	0	0	0	0	220	0
	Hemp Hearts (1/2 tablespoon)	31	1	2	2	1	0
	Chia Seeds	30	3	2	2	0	0
	Totals	418	32	31	10	406	6
Creamy Chia	Dave's Killer Bread	120	22	2	5	180	5
	Cream Cheese (2 tablespoons)	80	2	7	2	125	1
	Cucumber Slices	4	1	0	0	1	0
	Dill	1	0	0	0	1	0
	Chia Seeds (1/2 tablespoon)	30	3	2	2	0	0
	Totals	235	28	11	9	307	6
Sweet Treat	Dave's Killer Bread	120	22	2	5	180	5
	Peanut Butter (2 tablespoons)	185	7	16	8	150	2
	Banana	53	13	0	1	1	7
	Honey (1 tablespoon)	64	17	0	0	1	17
	Hemp Hearts (1/2 tablespoon)	31	1	2	2	1	0
	Totals	453	60	20	16	333	31