



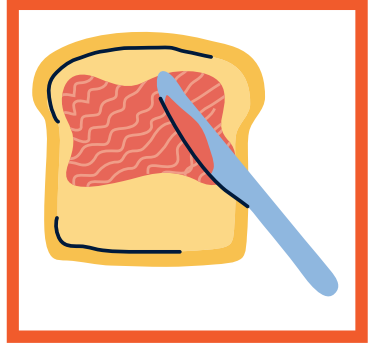
4-H HEALTHY HABITS

PROTEIN TOAST

Ingredients:



- Toast (Gluten Free, Whole Wheat, or of choice)
- Protein Toppings of Choice



Hummus toast:

Hummus
Red bell pepper
Avocado
Microgreens

Nut/seed

butter toast:

Nut/seed
butter
Banana
Cinnamon
Honey

Egg and

cheese toast:

Eggs
Dairy or
nondairy
cheese of your
choice

Directions:

1. **Toast bread, if desired**
2. **Add toppings of choice**
3. **Enjoy**

4-H Healthy Habits uses Learn, Grow, Eat & Go!, a research based curriculum of the Junior Master Gardener program.