

FRUIT SALAD WITH ORANGE JUICE AND HEALTHY TOAST

Fruit salad ingredients

Tangerines
Pineapple
Strawberries
Kiwi
Blueberries
Grapes
Orange juice

Healthy toast ingredients

Avocado
Egg
Beet
Pipes

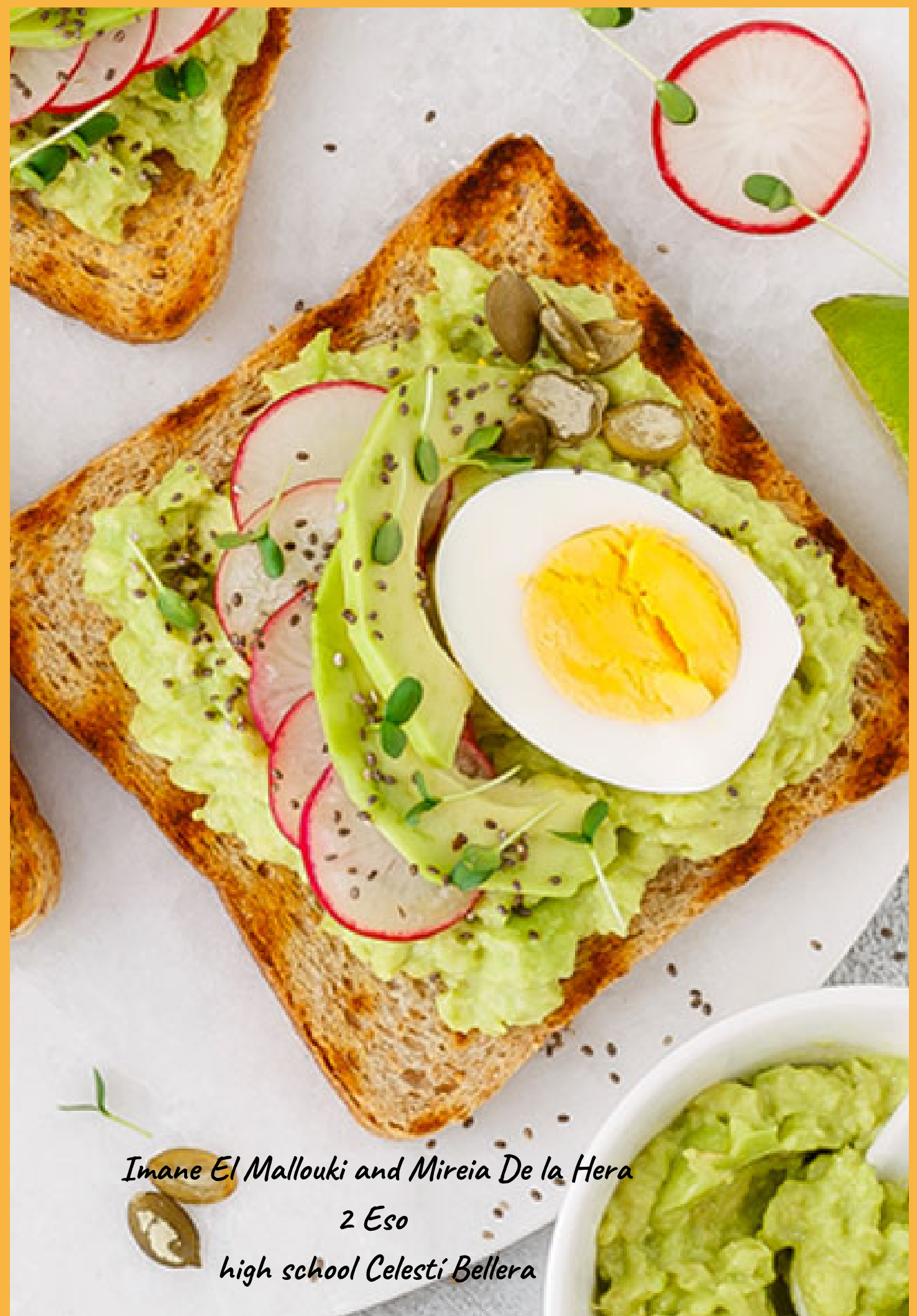
How do it:

Fruit salad

First we clean the fruit, then we take a bowl and cut the fruit into small squares now we add orange juice is optional but it already made or make it yourself.

Healthy toast

First we clean the avocado and the beetroot. Then we cut them into slices. Next we cook the egg; once it is ready we cut it in slices. When everything is ready, the only thing we have to do is put the beetroot, the egg and the avocado on top of the toast. Finally, you have the option of putting sunflower seeds on the top.



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