

## Beetroot Chutney & Avocado on Toast



### INGREDIENTS:

- 1 medium sized pre-cooked beetroot
  - 1 tbsp of dried cranberries (sugar free)
  - 3 - 4 Medjool dates
  - 1/4 tsp of chopped fresh jalapeño pepper
  - 1/4 tsp of curry powder
  - 1 tbsp shelled hemp seeds (or sunflower seeds)
  - 1 small sprig of fresh thyme
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- 1 avocado sliced into 8 pieces
  - 1/8 tsp of Himalayan salt (optional)
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- 2 slices of fresh artisan whole grain bread

### INSTRUCTIONS

#### Beetroot Chutney

Soak the cranberries overnight  
Drain the cranberries, pat with a cloth until dry and set aside  
Grate the beetroot into a medium bowl.  
Mash the Medjool dates and add to the beetroot  
Add the chopped jalapeno pepper  
Add the cranberries  
Add the curry powder  
Mix all the above, cover and set aside

Peel and slice the avocados

Toast the bread

Just before serving, spread the beetroot chutney onto the toast.  
Place the sliced avocado on top of the chutney  
Sprinkle with the optional Himalayan salt followed with your choice of seeds  
Top with the thyme

Best when served immediately.