

Trim Healthy  
W I S D O M

## Two Faced Toast (E or XO)

(Depending upon nut butter or avocado amounts)

*(P- Sometimes, when it comes to lunch or snack time, I can't decide between sweet and savory, but I also feel like eating bread. What's a girl to do????!!!! Two Faced Toast is an open-faced toast concept that scratches all the sweet/savory/bready itches. It's like skipping the responsible main part of a meal and taking the fun party approach... having an appetizer and a dessert instead. Thankfully, you'll still get ample protein, and you'll get filled up. It's a win-win! Oh... in this recipe, you'll notice I sprinkle the top of my banana-topped piece of toast with Mineral Salt; if that seems weird... salt on a banana... trust me... it's amazing! Don't forget to add some veg to the side of your plate. Cuke chips, which are just sliced cucumber topped with nutritional yeast and Mineral Salt, are always fabulous, or just enjoy a spoonful or two of sauerkraut or kimchi.*

*You can use either on-plan sprouted store-bought bread ([or see Pearl's recommendations here for the sourdough rye bread she purchases](#)) or enjoy home-made such as Serene's Peasant Bread or the Gluten-Free Sourdough No Carb Easy Bread.)*

### Single Serve Recipe

#### INGREDIENTS:

- 2 pieces on-plan bread; toasted (1 or 1½ pieces if using Pearl's Preferred online sourdough option)
- ½ recipe of *Protein Avocado Toast* or use lean turkey in place of the *Egg White Hack*)
- 1 tsp nut butter of choice for E; scant 1 or 2 tsp for XO
- 1 tsp All Fruit Jelly or other on-plan jelly
- ⅓ - ½ a banana (sliced)
- 1 small sprinkle [TH Mineral Salt](#) (to top the sliced banana)



## INSTRUCTIONS:

1. Make 1 of the pieces of bread into *Protein Avocado Toast* and set aside.
2. Spread the nut butter on the other piece of toast followed by the jelly then finally top with the sliced banana and a light sprinkle of Mineral Salt.
3. Slice each piece into halves.

## Protein Nerd Notes:

The half serving of *Protein Avocado Toast* doesn't fulfill all your protein needs, so you need to make up the rest of your protein needs in another way. You can have a generous ½ serving of [TH ESSENTIAL](#), or if you prefer getting super filled up... the *Side Protein & Fiber Chocolate Milk* should do the trick. Other ways to get more protein would be to use close to a full serving of [TH Optimized Collagen](#) in a coffee or tea on the side or by chugging close to a serving of [TH Optimized Collagen](#) with 1 tsp of [TH ESSENTIAL](#) in a little water right before your meal then chasing with more water. Or you could have the *PYY Booster* using 1 Tbs each of [TH Optimized Plant Protein Powder](#) and [TH Optimized Whey Protein Powder](#) or a small serving of *Optimized Protein Mousse*.