



Tahini & Pear Toast

1 serving

5 minutes

Ingredients

- 1 tbsp Tahini
- 1 slice Whole Grain Bread (toasted)
- 1/2 Pear (medium, sliced)
- 1 tbsp Maple Syrup (optional)

Nutrition

Amount per serving	
Calories	301
Fat	10g
Saturated	2g
Trans	0g
Polyunsaturated	4g
Monounsaturated	3g
Carbs	48g
Fiber	7g
Sugar	23g
Protein	8g

Directions

- 1 Spread tahini over the bread and top with pear slices. Drizzle the maple syrup on top (optional) and enjoy!

Notes

Leftovers: For best results, enjoy freshly made. Refrigerate for up to one day.

Gluten-Free: Use gluten-free bread instead of whole grain bread.

More Flavor: Add cinnamon and cardamom.

Additional Toppings: Chopped dates, sliced almonds, sesame seeds, shredded coconut, or hemp seeds.