



protocol

**Green Magic™**  
Smashed avo on toast

# Green Magic™

Smashed avo on toast



Eat straight away



Time: 5 minutes



Serves: 1

## Ingredients...

- 2 slices sourdough bread
- 1 ripe avocado
- 2 tsp Green Magic™
- Lime Juice
- Pinch of chilli flakes

## How to enjoy...

1) Toast the bread and mash the avocado in a bowl with the Green Magic™, a pinch of salt, a squeeze of lime juice and chilli flakes to taste.

2) When the bread is toasted, butter or drizzle with a little oil (optional) then spread the avo smash on top and garnish with some coriander.

# Power through the day with Green Magic™

- ✓ High in antioxidants
- ✓ Plant based
- ✓ Supports the immune system
- ✓ Promotes cellular renewal
- ✓ Natural source of protein, fibre and iron





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[www.proto-col.com](http://www.proto-col.com)

### Did you know?

**Green Magic™** is made up of a nutritious blend of some of the world's most effective superfoods that deliver high protein levels and essential amino acids to balance pH levels in the body. A multipurpose product that can be enjoyed by all ages and even pets to maintain optimum health. Use to supercharge almost any cold beverage, sprinkle over cereal or even swirl into yoghurt or soup. To put a stop to feeling sluggish and run down, Green Magic™ is perfect as an intense dose of energy and vitality.

We are rated **9.5** out of **10**



 **Trustpilot**