

Toast with Almond (or other) Nut Butter



Time: 5 minutes

Serves: 1-2

Ingredients: 2-4 slices gluten free bread
Roasted nut butter (organic if possible)

Directions:

1. Toast the bread
2. Spread with your choice of nut butter (Ayurveda does not recommend peanut butters).

Note: You can add ghee (clarified butter) if desired.