



Avocado & Caper Flagel

Prep 5 min. Ready In 5 min.

Recipe By: Julia Clancy

“Flagels, aka flat bagels, give you more surface area for healthy toppings, like heart-healthy avocados, for a satisfying breakfast or snack.”

Ingredients

- ½ everything flagel or bagel, toasted, if desired
- 2 tablespoons reduced-fat cream cheese
- ¼ avocado, sliced
- 2 tablespoons microgreens
- 1 teaspoon capers, rinsed

Directions

Spread flagel (or bagel) with cream cheese. Top with avocado, microgreens and capers.