

Avocado and Pepper Bagels

Serves 1

Preparation time: 5 minutes

Ingredients:

Half a pot of Fresh Guacamole Dip

1 Can of Roasted Pepper

1 Bagel, ideally seeded multigrain

A handful of watercress



Method:

- 1 Slice open the seeded multigrain bagel with a sharp knife
- 2 Spread generously with guacamole
- 3 Top with canned roasted peppers and a handful of watercress
- 4 Cut in half and serve