

Superfood Toast

Ingredients:

- Bread of choice
- Chris' Traditional Egyptian Beetroot Dip
- Baby Kale
- Capsicum
- Chickpeas
- LSA (optional)
- Olive Oil

Method:

- Lightly toast bread of choice
- Spread layer of dip
- Layer kale leaves
- Cube and arrange capsicum
- Add chickpeas
- Lightly drizzle olive oil
- Sprinkle LSA (optional)