



## Protein & Fibre-Packed Toast

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Nicole Osinga

Nicole Osinga  
nicoleosinga@gmail.com

### Fruits

- 1 Apple
- 1/4 Avocado

### Breakfast

- 1 tsp Maple Syrup
- 1 serving Strawberry Chia Jam

### Seeds, Nuts & Spices

- 1/2 tsp Cinnamon
- 1 tsp Dried Basil
- 1 tbsp Hemp Seeds
- 1/4 tsp Turmeric

### Vegetables

- 1 1/2 cups Baby Spinach
- 1/2 cup Cherry Tomatoes
- 2 Garlic
- 1 Tomato
- 1/2 Yellow Onion

### Boxed & Canned

- 1 tbsp Biscoff Cookie Butter
- 1/2 cup Chickpeas

### Baking

- 1 2/3 tbsps Nutritional Yeast

### Bread, Fish, Meat & Cheese

- 13 3/4 ozs Tofu
- 10 slices Whole Grain Bread

### Condiments & Oils

- 1/2 tsp Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 2 tsps Balsamic Glaze
- 1 tsp Miso Paste

### Cold

- 1 2/3 cups Soy Yogurt

### Other

- 1/3 cup Vanilla Protein Powder



## Apple Pie Protein Toast

1 serving  
15 minutes

### Ingredients

- 1 Apple (diced)
- 1/2 tsp Cinnamon
- 1 tsp Maple Syrup
- 2 slices Whole Grain Bread
- 1/2 cup Soy Yogurt
- 2 tbsps Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	422
Fat	6g
Carbs	72g
Fiber	12g
Sugar	28g
Protein	25g
Cholesterol	2mg
Sodium	336mg
Vitamin A	102IU
Vitamin C	9mg
Calcium	172mg
Iron	3mg

### Directions

- 1 Pan-fry apples for 5 minutes until softened. Add the maple syrup and cinnamon and mix until well combined.
- 2 While the apples are cooking, make your protein yogurt by mixing yogurt and protein powder in a small bowl.
- 3 Spread your protein yogurt over some toast and top with your sautéed apples. Enjoy!



## Chia Jam Toast

1 serving  
15 minutes

### Ingredients

1 serving Strawberry Chia Jam  
2 slices Whole Grain Bread  
1/2 cup Soy Yogurt  
2 tbsps Vanilla Protein Powder

### Directions

- 1 Make your protein yogurt by mixing yogurt and protein powder in a small bowl.
- 2 Spread your protein yogurt over some toast and top with your chia jam. Enjoy!

### Nutrition

Amount per serving	
Calories	307
Fat	6g
Carbs	42g
Fiber	7g
Sugar	5g
Protein	24g
Cholesterol	2mg
Sodium	334mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	141mg
Iron	2mg



## Biscoff Yogurt Toast

1 serving  
15 minutes

### Ingredients

- 1 tbsp Biscoff Cookie Butter
- 2 slices Whole Grain Bread
- 1/2 cup Soy Yogurt
- 2 tbsps Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	396
Fat	14g
Carbs	47g
Fiber	8g
Sugar	8g
Protein	27g
Cholesterol	2mg
Sodium	401mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	141mg
Iron	2mg

### Directions

- 1 Make your protein yogurt by mixing yogurt and protein powder in a small bowl.
- 2 Spread your protein yogurt over some toast and top with melted cookie butter. Enjoy!



## Tofu Scramble Toast

1 serving  
15 minutes

### Ingredients

7 3/4 ozs Tofu (firm)  
1 tbsp Avocado Oil  
1/2 Yellow Onion (medium, diced)  
2 Garlic (cloves, minced)  
1/2 cup Cherry Tomatoes (sliced)  
1 cup Baby Spinach (chopped)  
1 tsp Nutritional Yeast  
1/4 tsp Turmeric

### Nutrition

Amount per serving	
Calories	394
Fat	26g
Carbs	18g
Fiber	8g
Sugar	8g
Protein	29g
Cholesterol	0mg
Sodium	65mg
Vitamin A	3434IU
Vitamin C	21mg
Calcium	694mg
Iron	9mg

### Directions

- 1 Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
- 2 In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and tomato. Saute for 4 to 5 minutes, or until onions are translucent.
- 3 Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through. Add to toast and enjoy!

### Notes

**More Carbs:** Serve with toast or brown rice.

**Likes it Spicy:** Serve with hot sauce, cayenne pepper or chili flakes.

**Leftovers:** Store in the fridge up to 3 to 4 days.



## Tofu Caprese Toast

1 serving

5 minutes

### Ingredients

6 ozs Tofu (regular firm, drained)  
 1 tsp Miso Paste  
 2 tsps Nutritional Yeast  
 1/2 tsp Apple Cider Vinegar  
 1 tsp Dried Basil  
 2 slices Whole Grain Bread (toasted)  
 1/2 Tomato (sliced)  
 1/2 cup Baby Spinach  
 2 tsps Balsamic Glaze

### Nutrition

Amount per serving	
Calories	427
Fat	13g
Carbs	48g
Fiber	11g
Sugar	12g
Protein	33g
Cholesterol	0mg
Sodium	654mg
Vitamin A	2242IU
Vitamin C	13mg
Calcium	601mg
Iron	8mg

### Directions

- 1 In a mixing bowl, mash the tofu and miso paste together with a fork until crumbly and wet. Gently fold in the nutritional yeast, apple cider vinegar, and basil.
- 2 Spread the vegan ricotta onto the toast and top with tomatoes and spinach. Drizzle with balsamic glaze. Enjoy!

### Notes

**Leftovers:** Refrigerate the vegan ricotta in a separate airtight container for up to five days. The assembled toast is best enjoyed immediately.

**More Flavor:** Add garlic powder, onion powder, black pepper, spices or herbs.

**No Apple Cider Vinegar:** Use lemon juice instead.



## Avocado Toast with Chickpeas & Tomatoes

1 serving  
10 minutes

### Ingredients

1/4 Avocado (large, peeled, and diced)  
2 tbsps Soy Yogurt  
1/2 cup Chickpeas (drained, rinsed)  
2 slices Whole Grain Bread  
1/2 Tomato (sliced)  
1 tbsp Hemp Seeds

### Nutrition

Amount per serving	
Calories	509
Fat	18g
Carbs	66g
Fiber	17g
Sugar	10g
Protein	24g
Cholesterol	0mg
Sodium	348mg
Vitamin A	927IU
Vitamin C	15mg
Calcium	140mg
Iron	6mg

### Directions

- 1 Combine the avocado and yogurt in a bowl and mash with a fork until smooth.
- 2 Evenly spread the avocado and yogurt mash over the toast. Top with chickpeas, tomatoes and hemp seeds. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is equal to two slices of toast with toppings.

**More Flavor:** Add garlic powder to the avocado and yogurt mash.

**Additional Toppings:** Fresh parsley.

**No Gluten-Free Bread:** Use sourdough bread instead.