



EDAMAME GUACAMOLE AND ROASTED TOMATOES

ReFuel Winter 2019

Courtesy of: Caitlin Anderson



Ingredients:

Rye sourdough
1 tbsp basil pesto
½ cup Edamame, smashed
¼ avocado, cubed
3 x cherry tomatoes, roasted
1 tsp sprouts

Nutrition Information

Serves 1

Nutrient	Per serve
Energy	1533 kJ
Protein	14 g
Fat	23 g
Carbohydrate	20 g

Method:

1. Toast sourdough.
2. Place prepared ingredients on top and eat.



HOT TIPS

We know that edamame beans provide a great source of plant-based protein, but did you know that they also provide leucine? Leucine is a branched chain amino acid that plays an important role in stimulating muscle protein synthesis. Next time you're looking for smashed avocado on toast; try some pre-cooked edamame with avocado to aid recovery and increase satiety.