

Smoked Salmon Canapes With Avocado



Ingredients:

24 bites

- 6 slices [Ezekiel 4:9 Sprouted Whole Grain Bread](#)
- 1 medium ripe avocado, pitted and diced
- ½ cup plain Greek yogurt
- 1 tablespoon lemon juice
- 1 garlic clove, roughly chopped
- ½ teaspoon fine sea salt
- 4 ounces nova lox, very thinly sliced

- Fresh dill

Directions:

1. Preheat oven to 400°. Using a small round cutter, cut 4 circles from each slice of bread. Place on a baking sheet and bake 8 minutes or until toasted. Set aside.
2. In a food processor, pulse together avocado, yogurt, lemon juice, garlic, and salt until completely smooth, scraping down sides of the bowl as needed.
3. Spoon small dollops of avocado mixture onto each toast, then top with a small piece of lox and a sprig of dill.

Source:

<http://www.foodforlife.com/recipe/48676>