

Melba Toast with Spicy Cucumber

Ingredients

- 1 Melba toast
- 2-3 slices of cucumber
(serve with the rest of the cucumber on the side)
- 1 tablespoon apple cider vinegar
- Pinch of red onion, minced
- Pinch of onion and garlic powder to taste
- Dash of cayenne or chili pepper
- Sea salt and pepper to taste

Makes 1 serving (1 Melba toast, 1 vegetable)
2.5 grams protein
0 fat
62 calories

Directions

1. Combine spices with apple cider vinegar.
2. Marinate cucumber slices in spice mixture.
3. Top Melba toast with cucumber and sprinkle with onion.
4. Save additional cucumber for an additional snack.

Variations: sprinkle the crumbs on top of a cucumber salad.

