

Side | Snack | Lunch | Dinner

Avocado Radish Toast

Side Effect: Constipation

5 Mins
Prep Time

0 Mins
Cook Time

6
Servings

129 Calories **5g Fat** **20g Carbs** **4g Protein**

Ingredients

6 Servings **5 Mins Total Time** **Allergens: Gluten**

1 Ripe Avocado, **washed thoroughly** and sliced 

6 Slices Whole Grain Bread 

1 Small Bunch Radishes, **washed thoroughly** and sliced 

Salt and Pepper, to taste

Allergen Swap

Gluten Replace the whole grain bread with a whole grain, gluten-free option



Nourishment Note



Avocado

Avocados contain insoluble fiber to help relieve constipation, a common side effect with anti-cancer drugs. It's also a great source of heart-healthy monounsaturated fats.



Whole Grain Bread

Whole grain bread contains insoluble fiber. Insoluble fiber helps to draw water and add bulk within the small intestines making it a great type of fiber for relieving constipation.



Radishes

Aside from their crunch and fresh taste, radishes contain both insoluble and soluble fiber. The high lignan content, a type of insoluble fiber, makes them especially helpful in relieving constipation. They're also high in polyphenols to help protect healthy cells.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Toast Bread

Toast whole grain bread.

3. Prepare Avocado

Smash 1-2 slices of avocado on each slice of toast. Top with radish slices and salt and pepper.

4. Refrigerate & Store

Store unused radishes and avocado in containers for up to 3 days in the refrigerator. Bread will keep, covered, for up to 3 days.

5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Toaster



Cutting Board



Knife



Spoon



Fork

Fatigue Buster

- **Radishes:** Look for pre-sliced radishes to minimize preparation time. It's important to wash pre-cut items to prevent food borne illness.
- **Avocado:** Try using an avocado slicer to help make slicing the avocado easier.
- **Whole Grain Bread:** Freeze un-used bread slices for easy use later. Bread will keep frozen, in a freezer-safe bag for up to 3 months.