



Avocado Tomato Crisps



Entire recipe: 254 calories, 7.5g total fat (1g sat fat), 347mg sodium, 39g carbs, 9.5g fiber, 5.5g sugars, 6g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Prep: 5 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1.5 oz. (about 3 tbsp.) mashed avocado
2 large crispbread crackers with 80 calories or less each (like [Wasa Multi Grain](#) or Dr. Kracker 100% Whole Wheat)
2 tbsp. bagged sun-dried tomatoes (not packed in oil), chopped
Seasonings: salt, black pepper, garlic powder

Directions

In a small bowl, mix avocado with a dash of each of the seasonings.

Evenly spread mixture onto the crackers, and sprinkle with chopped tomatoes. Enjoy!

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.