Kimchi Avocado Crackers

**INGREDIENTS**
- 3 tablespoons mashed avocado
- 1 whole grain crisp-bread or large cracker
- 2 tablespoons chopped kimchi
- 1 teaspoon fresh cilantro
- Optional: black sesame seeds

**Preparation**
1. Spread mashed avocado on crisp-bread.
2. Top with kimchi.
3. Garnish with cilantro.

**Tips:** Try pairing crackers with a fat (such as hummus, avocado, or cottage cheese) plus a fruit or vegetable (such as tomatoes, bell peppers, or apples). The combination of fat and carbohydrates gives your brain the fuel it needs.

**Nutrition:** This recipe is chock-full of fiber and healthy fats to help support a balanced mind.

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