Avocado Toast

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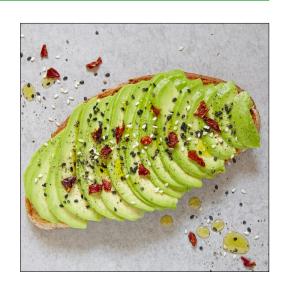


Serves: 4

Prep: 10 minutes

INGREDIENTS

- One 8-ounce ripe avocado, mashed
- Fine salt and freshly ground black pepper
- 4 slices whole grain or whole wheat bread
- 2 tablespoons olive oil
- Pinch of sea salt, for serving
- Crushed red pepper flakes, optional



DIRECTIONS

- Halve the avocado, take the pit out, scoop out the avocado and mash it with a fork in a shallow bowl until chunky. Season with a pinch of salt and black pepper.
- 2. Toast the bread until browned and crisp.
- 3. Lightly brush the toast with oil, and season with fine salt and pepper.
- 4. Divide the mashed avocado evenly among the toast, and top with more black pepper and red pepper flakes if using.

Notes:

 For extra nutrition and flavor, add an egg, cherry tomatoes, arugula, spinach or sesame seeds to spice up your avocado toast.

Nutrition Information	
Serving Size: 1	
Calories	168
Total fat	10 g
Saturated Fat	1 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	263 mg
Carbohydrates	16 g
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Fiber	4 g
Sugars	4 g 2 g

Recipe adapted from: Food Network