



AVOCADO TOAST

SERVINGS 2

🕒 PREP TIME 3 min

COOK TIME 2 min

INGREDIENTS

- 2 slice of bread (I like thick-sliced whole-grain bread best)
- 1 ripe avocado
- Pinch of salt

DIRECTIONS

1. Toast your slice of bread until golden and firm.
2. Remove the pit from your avocado. Use a big spoon to scoop out the flesh. Put it in a bowl and mash it up with a fork until it's as smooth as you like it. Mix in a pinch of salt (about 1/8 teaspoon) and add more to taste, if desired.
3. Spread avocado on top of your toast. Enjoy as-is or top with any extras offered in this post (I highly recommend a light sprinkle of flaky sea salt, if you have it).

Notes Make It Gluten Free, Use gluten-free bread.

