



AVOCADO TOAST

SERVES 1
PREP TIME 3 mins.
COOK TIME 2 mins.

INGREDIENTS

- 1 slice thick-sliced whole-grain bread (or preferred variety)
- ½ ripe avocado
- 1 pinch salt

DIRECTIONS

1. Heat the bread slice in a toaster or skillet until crispy and lightly browned.
2. Discard the pit from the ripe avocado half and scrape the fruit into a bowl. Mash it with a fork to your desired texture, then stir in the pinch of salt.
3. Layer the seasoned avocado evenly over the warm toast and serve immediately.

