

# ☆ Avocado Toast

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**Prep:** 10m **Cook:** **Total:** 10m

Yield: Serves 1

Breakfast



## Ingredients

- ½ small avocado
- ½ teaspoon fresh lemon juice
- ⅛ teaspoon Kosher salt
- ⅛ teaspoon freshly ground black pepper
- 1 (1 oz.) slice whole grain bread, toasted
- ½ teaspoon extra-virgin olive oil
- Toppings: Maldon sea salt flakes, red pepper flakes

## Instructions

1. In a small bowl, combine avocado, lemon juice, salt, and pepper. Gently mash with the back of a fork.
2. Top toasted bread with mashed avocado mixture. Drizzle with olive oil and sprinkle over desired toppings.
3. For perfect avocado toast, ingredient quality is key. Use fresh, crusty whole-wheat bread and the best extra-virgin olive oil you can find.