

Mashed Avocado Breakfast Toast Recipe

Here's another avocado lovers toast recipe. The great thing about this one is you can add a variety of toppings like spinach, tomatoes, slivered almonds and much more.

Recipe Type: Breakfast, Toast
Degree of Difficulty: Easy



Ingredients

- 2 Slices Light Whole Grain Bread, Toasted
- 1 Avocado
- 1/2 tsp Lemon Juice
- 1/2 tsp Olive Oil
- Salt
- Pepper

Directions

1. In a small bowl, combine avocado, lemon juice, salt, and pepper.
2. Gently mash with the back of a fork.
3. Toast the bread in toaster.
4. Top toasted bread with mashed avocado mixture.
5. Drizzle with olive oil.
6. Optional: Top with spinach leaves.

Cooking Times

Prep Time: 10 minutes **Cooking Time:** 2 minutes